

# USDA National Nutrient Database for Standard ReferenceRelease 28

## Nutrients: Tryptophan (g)

Food Subset: All Foods  
Ordered by: Food Name  
Measured by: Household  
Report Run at: October 21, 2015 06:52 EDT

NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure
14006	Alcoholic beverage, beer, light	29.5	1.0 fl oz	0.000
14003	Alcoholic beverage, beer, regular, all	29.7	1.0 fl oz	0.000
14034	Alcoholic beverage, creme de menthe, 72 proof	33.6	1.0 fl oz	0.000
14533	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 100 proof	27.8	1.0 fl oz	0.000
14037	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 80 proof	27.8	1.0 fl oz	0.000
14550	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 86 proof	27.8	1.0 fl oz	0.000
14551	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 90 proof	27.8	1.0 fl oz	0.000
14532	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 94 proof	27.8	1.0 fl oz	0.000
14049	Alcoholic beverage, distilled, gin, 90 proof	27.8	1.0 fl oz	0.000
14050	Alcoholic beverage, distilled, rum, 80 proof	27.8	1.0 fl oz	0.000
14051	Alcoholic beverage, distilled, vodka, 80 proof	27.8	1.0 fl oz	0.000
14415	Alcoholic beverage, liqueur, coffee with cream, 34 proof	31.1	1.0 fl oz	0.012
20001	Amaranth grain, uncooked	193.0	1.0 cup	0.349
11700	Amaranth leaves, cooked, boiled, drained, with salt	132.0	1.0 cup	0.036
11004	Amaranth leaves, cooked, boiled, drained, without salt	132.0	1.0 cup	0.036
11003	Amaranth leaves, raw	28.0	1.0 cup	0.009
36000	APPLEBEE'S, 9 oz house sirloin steak	157.0	1.0 serving	0.559
36023	APPLEBEE'S, chicken tenders platter	209.0	1.0 serving	0.460
36005	APPLEBEE'S, chicken tenders, from kids' menu	35.0	1.0 piece	0.071
36019	APPLEBEE'S, chili	136.0	1.0 cup	0.196
36021	APPLEBEE'S, coleslaw	76.0	1.0 serving	0.005
36022	APPLEBEE'S, crunchy onion rings	350.0	1.0 serving	0.147
36001	APPLEBEE'S, Double Crunch Shrimp	206.0	1.0 serving	0.286
36018	APPLEBEE'S, fish, hand battered	250.0	1.0 serving	0.360
36003	APPLEBEE'S, KRAFT, Macaroni & Cheese, from kid's menu	124.0	1.0 cup	0.078
36004	APPLEBEE'S, mozzarella sticks	32.0	1.0 piece	0.065
09008	Apples, canned, sweetened, sliced, drained, heated	204.0	1.0 cup slices	0.004
09007	Apples, canned, sweetened, sliced, drained, unheated	204.0	1.0 cup slices	0.004
09010	Apples, dehydrated (low moisture), sulfured, stewed	193.0	1.0 cup	0.006

NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure
09009	Apples, dehydrated (low moisture), sulfured, uncooked	60.0	1.0 cup	0.007
09013	Apples, dried, sulfured, stewed, with added sugar	280.0	1.0 cup	0.006
09012	Apples, dried, sulfured, stewed, without added sugar	255.0	1.0 cup	0.005
09011	Apples, dried, sulfured, uncooked	86.0	1.0 cup	0.008
09015	Apples, frozen, unsweetened, heated	206.0	1.0 cup slices	0.006
09014	Apples, frozen, unsweetened, unheated	173.0	1.0 cup slices	0.005
09501	Apples, raw, golden delicious, with skin	109.0	1.0 cup, sliced	0.001
09500	Apples, raw, red delicious, with skin	109.0	1.0 cup, sliced	0.001
09003	Apples, raw, with skin	125.0	1.0 cup, quartered or chopped	0.001
09004	Apples, raw, without skin	110.0	1.0 cup slices	0.001
09006	Apples, raw, without skin, cooked, microwave	170.0	1.0 cup slices	0.005
09402	Applesauce, canned, sweetened, with salt	255.0	1.0 cup	0.005
09020	Applesauce, canned, sweetened, without salt (includes USDA commodity)	246.0	1.0 cup	0.005
09401	Applesauce, canned, unsweetened, with added ascorbic acid	244.0	1.0 cup	0.005
09019	Applesauce, canned, unsweetened, without added ascorbic acid (includes USDA commodity)	244.0	1.0 cup	0.005
09029	Apricots, canned, extra heavy syrup pack, without skin, solids and liquids	246.0	1.0 cup, whole, without pits	0.025
09025	Apricots, canned, extra light syrup pack, with skin, solids and liquids	247.0	1.0 cup, halves	0.027
09027	Apricots, canned, heavy syrup pack, with skin, solids and liquids	258.0	1.0 cup, halves	0.023
09028	Apricots, canned, heavy syrup pack, without skin, solids and liquids	258.0	1.0 cup, whole, without pits	0.023
09024	Apricots, canned, juice pack, with skin, solids and liquids	244.0	1.0 cup, halves	0.027
09026	Apricots, canned, light syrup pack, with skin, solids and liquids	253.0	1.0 cup, halves	0.023
09022	Apricots, canned, water pack, with skin, solids and liquids	243.0	1.0 cup, halves	0.032
09023	Apricots, canned, water pack, without skin, solids and liquids	227.0	1.0 cup, whole, without pits	0.027
09031	Apricots, dehydrated (low-moisture), sulfured, stewed	249.0	1.0 cup	0.085
09030	Apricots, dehydrated (low-moisture), sulfured, uncooked	119.0	1.0 cup	0.104
09034	Apricots, dried, sulfured, stewed, with added sugar	270.0	1.0 cup, halves	0.057
09033	Apricots, dried, sulfured, stewed, without added sugar	250.0	1.0 cup, halves	0.015
09032	Apricots, dried, sulfured, uncooked	130.0	1.0 cup, halves	0.021
09035	Apricots, frozen, sweetened	242.0	1.0 cup	0.019
09021	Apricots, raw	155.0	1.0 cup, halves	0.023
20003	Arrowroot flour	128.0	1.0 cup	0.005
11015	Asparagus, canned, drained solids	242.0	1.0 cup	0.051
11707	Asparagus, canned, no salt added, solids and liquids	122.0	0.5 cup	0.022
11013	Asparagus, canned, regular pack, solids and liquids	122.0	0.5 cup	0.022
11012	Asparagus, cooked, boiled, drained	90.0	0.5 cup	0.026
11705	Asparagus, cooked, boiled, drained, with salt	90.0	0.5 cup	0.026

NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure
11709	Asparagus, frozen, cooked, boiled, drained, with salt	180.0	1.0 cup	0.052
11019	Asparagus, frozen, cooked, boiled, drained, without salt	180.0	1.0 cup	0.052
11018	Asparagus, frozen, unprepared	58.0	4.0 spears	0.018
11011	Asparagus, raw	134.0	1.0 cup	0.036
09037	Avocados, raw, all commercial varieties	150.0	1.0 cup, cubes	0.038
09038	Avocados, raw, California	230.0	1.0 cup, pureed	0.058
09039	Avocados, raw, Florida	230.0	1.0 cup, pureed	0.064
03997	Babyfood, Baby MUM MUM Rice Biscuits	8.0	4.0 biscuit	0.007
03995	Babyfood, banana with mixed berries, strained	99.0	1.0 packet	0.006
03681	Babyfood, cereal, barley, prepared with whole milk	28.35	1.0 oz	0.017
03682	Babyfood, cereal, high protein, prepared with whole milk	28.35	1.0 oz	0.037
03185	Babyfood, cereal, mixed, dry fortified	2.5	1.0 tbsp	0.004
03685	Babyfood, cereal, mixed, prepared with whole milk	28.35	1.0 oz	0.018
03188	Babyfood, cereal, mixed, with applesauce and bananas, junior	28.35	1.0 oz	0.004
03187	Babyfood, cereal, mixed, with applesauce and bananas, strained	28.35	1.0 oz	0.004
03186	Babyfood, cereal, mixed, with bananas, dry	2.5	1.0 tbsp	0.003
03686	Babyfood, cereal, mixed, with bananas, prepared with whole milk	28.35	1.0 oz	0.023
03689	Babyfood, cereal, oatmeal, prepared with whole milk	28.35	1.0 oz	0.019
03192	Babyfood, cereal, oatmeal, with applesauce and bananas, junior	28.35	1.0 oz	0.005
03191	Babyfood, cereal, oatmeal, with applesauce and bananas, strained	28.35	1.0 oz	0.005
03190	Babyfood, cereal, oatmeal, with bananas, dry	2.5	1.0 tbsp	0.004
03690	Babyfood, cereal, oatmeal, with bananas, prepared with whole milk	28.35	1.0 oz	0.023
03194	Babyfood, cereal, rice, dry fortified	2.5	1.0 tbsp	0.002
03694	Babyfood, cereal, rice, prepared with whole milk	28.35	1.0 oz	0.021
03195	Babyfood, cereal, rice, with applesauce and bananas, strained	16.0	1.0 tbsp	0.002
03212	Babyfood, cereal, rice, with bananas, dry	2.5	1.0 tbsp	0.004
03712	Babyfood, cereal, rice, with bananas, prepared with whole milk	28.35	1.0 oz	0.022
03198	Babyfood, cereal, with egg yolks, junior	28.35	1.0 oz	0.008
03197	Babyfood, cereal, with egg yolks, strained	28.35	1.0 oz	0.008
03934	Babyfood, corn and sweet potatoes, strained	28.35	1.0 oz	0.005
03221	Babyfood, dessert, dutch apple, junior	28.35	1.0 oz	0.001
03049	Babyfood, dinner, beef and rice, toddler	28.35	1.0 oz	0.013
03043	Babyfood, dinner, beef lasagna, toddler	28.35	1.0 oz	0.013
03287	Babyfood, dinner, beef noodle, junior	16.0	1.0 tbsp	0.004
03052	Babyfood, dinner, beef stew, toddler	28.35	1.0 oz	0.015
03072	Babyfood, dinner, chicken stew, toddler	16.0	1.0 tbsp	0.009

NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure
03090	Babyfood, dinner, macaroni and cheese, junior	28.35	1.0 oz	0.009
03045	Babyfood, dinner, macaroni and tomato and beef, junior	16.0	1.0 tbsp	0.004
03304	Babyfood, dinner, potatoes with cheese and ham, toddler	28.35	1.0 oz	0.010
03051	Babyfood, dinner, spaghetti and tomato and meat, toddler	28.35	1.0 oz	0.018
03054	Babyfood, dinner, vegetables and beef, junior	256.0	1.0 cup	0.051
03053	Babyfood, dinner, vegetables and beef, strained	256.0	1.0 cup	0.051
03067	Babyfood, dinner, vegetables and lamb, junior	28.35	1.0 oz	0.007
03066	Babyfood, dinner, vegetables and lamb, strained	256.0	1.0 cup	0.059
03994	Babyfood, fruit, banana and strawberry, junior	140.0	1.0 bottle	0.013
03001	Babyfood, juice treats, fruit medley, toddler	28.0	1.0 packet	0.000
03959	Babyfood, mashed cheddar potatoes and broccoli, toddlers	170.0	1.0 container	0.026
03014	Babyfood, meat, chicken sticks, junior	10.0	1.0 stick	0.012
03013	Babyfood, meat, chicken, junior	15.0	1.0 tbsp	0.025
03012	Babyfood, meat, chicken, strained	15.0	1.0 tbsp	0.023
03009	Babyfood, meat, ham, junior	28.35	1.0 oz	0.042
03008	Babyfood, meat, ham, strained	15.0	1.0 tbsp	0.021
03011	Babyfood, meat, lamb, junior	28.35	1.0 oz	0.043
03021	Babyfood, meat, meat sticks, junior	10.0	1.0 stick	0.009
03007	Babyfood, meat, pork, strained	28.35	1.0 oz	0.039
03017	Babyfood, meat, turkey sticks, junior	10.0	1.0 stick	0.010
03015	Babyfood, meat, turkey, strained	15.0	1.0 tbsp	0.022
03019	Babyfood, snack, GERBER GRADUATE FRUIT STRIPS, Real Fruit Bars	9.9	1.0 bar	0.000
03302	Babyfood, snack, GERBER GRADUATE YOGURT SELTS	7.0	1.0 serving	0.011
03098	Babyfood, vegetables, beets, strained	224.0	1.0 cup	0.027
03100	Babyfood, vegetables, carrots, junior	224.0	1.0 cup	0.025
03099	Babyfood, vegetables, carrots, strained	224.0	1.0 cup	0.025
03120	Babyfood, vegetables, corn, creamed, junior	240.0	1.0 cup	0.036
03119	Babyfood, vegetables, corn, creamed, strained	113.0	1.0 jar	0.017
03283	Babyfood, vegetables, garden vegetable, strained	28.35	1.0 oz	0.008
03092	Babyfood, vegetables, green beans, junior	240.0	1.0 cup	0.034
03091	Babyfood, vegetables, green beans, strained	240.0	1.0 cup	0.036
03282	Babyfood, vegetables, mix vegetables junior	99.0	1.0 serving 3.5 oz serving	0.015
03286	Babyfood, vegetables, mix vegetables strained	28.35	1.0 oz	0.004
03127	Babyfood, vegetables, spinach, creamed, strained	240.0	1.0 cup	0.086
03108	Babyfood, vegetables, sweet potatoes strained	224.0	1.0 cup	0.049
03109	Babyfood, vegetables, sweet potatoes, junior	224.0	1.0 cup	0.047

NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure
07921	Bacon and beef sticks	28.0	1.0 oz	0.059
16104	Bacon, meatless	144.0	1.0 cup	0.232
10994	Bacon, pre-sliced, reduced/low sodium, unprepared	26.0	1.0 slice	0.039
07974	Bacon, turkey, low sodium	15.0	1.0 serving	0.028
18005	Bagels, cinnamon-raisin	26.0	1.0 mini bagel (2-1/2" dia)	0.030
18006	Bagels, cinnamon-raisin, toasted	24.0	1.0 mini bagel (2-1/2" dia)	0.029
18003	Bagels, egg	28.35	1.0 oz	0.035
18007	Bagels, oat bran	26.0	1.0 mini bagel (2-1/2" dia)	0.036
18002	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame), toasted	24.0	1.0 mini bagel (2-1/2" dia)	0.033
18406	Bagels, plain, enriched, without calcium propionate (includes onion, poppy, sesame)	28.35	1.0 oz	0.035
18407	Bagels, plain, unenriched, with calcium propionate (includes onion, poppy, sesame)	28.35	1.0 oz	0.035
18408	Bagels, plain, unenriched, without calcium propionate(includes onion, poppy, sesame)	28.35	1.0 oz	0.035
19077	Baking chocolate, unsweetened, liquid	28.35	1.0 oz	0.052
19078	Baking chocolate, unsweetened, squares	29.0	1.0 oz square Bakers	0.038
11028	Bamboo shoots, canned, drained solids	131.0	1.0 cup (1/8" slices)	0.024
11712	Bamboo shoots, cooked, boiled, drained, with salt	120.0	1.0 cup (1/2" slices)	0.019
11027	Bamboo shoots, cooked, boiled, drained, without salt	120.0	1.0 cup (1/2" slices)	0.019
11026	Bamboo shoots, raw	151.0	1.0 cup (1/2" slices)	0.041
09040	Bananas, raw	225.0	1.0 cup, mashed	0.020
07001	Barbecue loaf, pork, beef	28.35	1.0 oz	0.048
20130	Barley flour or meal	148.0	1.0 cup	0.259
20131	Barley malt flour	162.0	1.0 cup	0.214
20004	Barley, hulled	184.0	1.0 cup	0.383
20006	Barley, pearled, cooked	157.0	1.0 cup	0.060
20005	Barley, pearled, raw	200.0	1.0 cup	0.330
02044	Basil, fresh	2.5	5.0 leaves	0.001
16302	Beans, adzuki, mature seed, cooked, boiled, with salt	230.0	1.0 cup	0.166
16003	Beans, adzuki, mature seeds, canned, sweetened	296.0	1.0 cup	0.107
16002	Beans, adzuki, mature seeds, cooked, boiled, without salt	230.0	1.0 cup	0.166
16001	Beans, adzuki, mature seeds, raw	197.0	1.0 cup	0.376
16006	Beans, baked, canned, plain or vegetarian	254.0	1.0 cup	0.130
16007	Beans, baked, canned, with beef	266.0	1.0 cup	0.205
16008	Beans, baked, canned, with franks	259.0	1.0 cup	0.199
16009	Beans, baked, canned, with pork	253.0	1.0 cup	0.157
16010	Beans, baked, canned, with pork and sweet sauce	249.0	1.0 cup	0.120
16011	Beans, baked, canned, with pork and tomato sauce	246.0	1.0 cup	0.184

NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure
16005	Beans, baked, home prepared	253.0	1.0 cup	0.170
16018	Beans, black turtle, mature seeds, canned	240.0	1.0 cup	0.173
16317	Beans, black turtle, mature seeds, cooked, boiled, with salt	185.0	1.0 cup	0.179
16017	Beans, black turtle, mature seeds, cooked, boiled, without salt	185.0	1.0 cup	0.179
16016	Beans, black turtle, mature seeds, raw	184.0	1.0 cup	0.464
16316	Beans, black, mature seeds, canned, low sodium	240.0	1.0 cup	0.173
16315	Beans, black, mature seeds, cooked, boiled, with salt	172.0	1.0 cup	0.181
16015	Beans, black, mature seeds, cooked, boiled, without salt	172.0	1.0 cup	0.181
16014	Beans, black, mature seeds, raw	194.0	1.0 cup	0.497
16021	Beans, cranberry (roman), mature seeds, canned	260.0	1.0 cup	0.172
16320	Beans, cranberry (roman), mature seeds, cooked, boiled, with salt	177.0	1.0 cup	0.196
16020	Beans, cranberry (roman), mature seeds, cooked, boiled, without salt	177.0	1.0 cup	0.196
16019	Beans, cranberry (roman), mature seeds, raw	195.0	1.0 cup	0.532
16323	Beans, french, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	0.147
16023	Beans, french, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	0.147
16022	Beans, french, mature seeds, raw	184.0	1.0 cup	0.410
16026	Beans, great northern, mature seeds, canned	262.0	1.0 cup	0.231
16326	Beans, great northern, mature seeds, canned, low sodium	262.0	1.0 cup	0.231
16325	Beans, great northern, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	0.175
16025	Beans, great northern, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	0.175
16024	Beans, great northern, mature seeds, raw	183.0	1.0 cup	0.474
16029	Beans, kidney, all types, mature seeds, canned	256.0	1.0 cup	0.161
16328	Beans, kidney, all types, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	0.182
16028	Beans, kidney, all types, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	0.184
16027	Beans, kidney, all types, mature seeds, raw	184.0	1.0 cup	0.513
16331	Beans, kidney, california red, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	0.191
16031	Beans, kidney, california red, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	0.191
16030	Beans, kidney, california red, mature seeds, raw	184.0	1.0 cup	0.532
11029	Beans, kidney, mature seeds, sprouted, raw	184.0	1.0 cup	0.081
16145	Beans, kidney, red, mature seeds, canned, drained solids	266.0	1.0 can drained solids	0.253
16335	Beans, kidney, red, mature seeds, canned, drained solids, rinsed in tap water	158.0	1.0 cup cup rinsed solids	0.153
16337	Beans, kidney, red, mature seeds, canned, solids and liquid, low sodium	256.0	1.0 cup	0.164
16034	Beans, kidney, red, mature seeds, canned, solids and liquids	256.0	1.0 cup	0.164
16333	Beans, kidney, red, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	0.182
16033	Beans, kidney, red, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	0.182
16032	Beans, kidney, red, mature seeds, raw	184.0	1.0 cup	0.491

NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure
16336	Beans, kidney, royal red, mature seeds, cooked, boiled with salt	177.0	1.0 cup	0.198
16036	Beans, kidney, royal red, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	0.198
16035	Beans, kidney, royal red, mature seeds, raw	184.0	1.0 cup	0.552
11626	Beans, mung, mature seeds, sprouted, canned, drained solids	125.0	1.0 cup	0.024
16039	Beans, navy, mature seeds, canned	262.0	1.0 cup	0.236
16338	Beans, navy, mature seeds, cooked, boiled, with salt	182.0	1.0 cup	0.182
16038	Beans, navy, mature seeds, cooked, boiled, without salt	182.0	1.0 cup	0.182
16037	Beans, navy, mature seeds, raw	208.0	1.0 cup	0.514
11046	Beans, navy, mature seeds, sprouted, raw	104.0	1.0 cup	0.067
16341	Beans, pink, mature seeds, cooked, boiled, with salt	169.0	1.0 cup	0.181
16041	Beans, pink, mature seeds, cooked, boiled, without salt	169.0	1.0 cup	0.181
16040	Beans, pink, mature seeds, raw	210.0	1.0 cup	0.521
16146	Beans, pinto, canned, drained solids	277.0	1.0 can drained solids	0.216
16345	Beans, pinto, mature seeds, canned, drained solids, rinsed in tap water	169.0	1.0 cup	0.134
16044	Beans, pinto, mature seeds, canned, solids and liquids	240.0	1.0 cup	0.122
16347	Beans, pinto, mature seeds, canned, solids and liquids, low sodium	240.0	1.0 cup	0.122
16343	Beans, pinto, mature seeds, cooked, boiled, with salt	171.0	1.0 cup	0.168
16043	Beans, pinto, mature seeds, cooked, boiled, without salt	171.0	1.0 cup	0.185
16042	Beans, pinto, mature seeds, raw	193.0	1.0 cup	0.457
16346	Beans, small white, mature seeds, cooked, boiled, with salt	179.0	1.0 cup	0.190
16046	Beans, small white, mature seeds, cooked, boiled, without salt	179.0	1.0 cup	0.190
16045	Beans, small white, mature seeds, raw	215.0	1.0 cup	0.538
11058	Beans, snap, canned, all styles, seasoned, solids and liquids	114.0	0.5 cup	0.010
11729	Beans, snap, green, canned, no salt added, drained solids	153.0	1.0 cup	0.018
11726	Beans, snap, green, canned, no salt added, solids and liquids	120.0	0.5 cup	0.010
11056	Beans, snap, green, canned, regular pack, drained solids	135.0	1.0 cup	0.016
11054	Beans, snap, green, canned, regular pack, solids and liquids	240.0	1.0 cup	0.019
11723	Beans, snap, green, cooked, boiled, drained, with salt	125.0	1.0 cup	0.025
11053	Beans, snap, green, cooked, boiled, drained, without salt	125.0	1.0 cup	0.025
11062	Beans, snap, green, frozen, all styles, microwaved	111.0	1.0 cup	0.021
11060	Beans, snap, green, frozen, all styles, unprepared	121.0	1.0 cup	0.023
11061	Beans, snap, green, frozen, cooked, boiled, drained without salt	135.0	1.0 cup	0.022
11731	Beans, snap, green, frozen, cooked, boiled, drained, with salt	135.0	1.0 cup	0.022
11052	Beans, snap, green, raw	100.0	1.0 cup 1/2" pieces	0.019
11933	Beans, snap, yellow, canned, no salt added, drained solids	153.0	1.0 cup	0.018
11728	Beans, snap, yellow, canned, no salt added, solids and liquids	120.0	0.5 cup	0.010

NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure
11932	Beans, snap, yellow, canned, regular pack, drained solids	153.0	1.0 cup	0.018
11727	Beans, snap, yellow, canned, regular pack, solids and liquids	120.0	0.5 cup	0.010
11725	Beans, snap, yellow, cooked, boiled, drained, with salt	125.0	1.0 cup	0.025
11724	Beans, snap, yellow, cooked, boiled, drained, without salt	125.0	1.0 cup	0.025
11730	Beans, snap, yellow, frozen, all styles, unprepared	121.0	1.0 cup	0.023
11733	Beans, snap, yellow, frozen, cooked, boiled, drained, with salt	135.0	1.0 cup	0.022
11732	Beans, snap, yellow, frozen, cooked, boiled, drained, without salt	135.0	1.0 cup	0.022
11722	Beans, snap, yellow, raw	100.0	1.0 cup 1/2" pieces	0.019
16051	Beans, white, mature seeds, canned	262.0	1.0 cup	0.225
16350	Beans, white, mature seeds, cooked, boiled, with salt	179.0	1.0 cup	0.206
16050	Beans, white, mature seeds, cooked, boiled, without salt	179.0	1.0 cup	0.206
16049	Beans, white, mature seeds, raw	202.0	1.0 cup	0.560
16348	Beans, yellow, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	0.191
16048	Beans, yellow, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	0.191
16047	Beans, yellow, mature seeds, raw	196.0	1.0 cup	0.510
23491	Beef composite, separable lean only, trimmed to 1/8" fat, choice, cooked	85.0	3.0 oz	0.214
22402	Beef macaroni with tomato sauce, frozen entree, reduced fat	269.0	1.0 serving	0.143
22529	Beef Pot Pie, frozen entree, prepared	268.0	1.0 pie, cooked (average weight)	0.206
07956	Beef sausage, fresh, cooked	43.0	1.0 serving	0.051
07954	Beef sausage, pre-cooked	48.0	1.0 serving	0.047
22905	Beef stew, canned entree	196.0	1.0 cup (1 serving)	0.039
23293	Beef, Australian, imported, grass-fed, ground, 85% lean / 15% fat, raw	114.0	4.0 oz (4 oz)	0.228
23302	Beef, Australian, imported, grass-fed, loin, tenderloin steak/roast, boneless, separable lean and fat, raw	114.0	4.0 oz	0.263
23294	Beef, Australian, imported, grass-fed, loin, tenderloin steak/roast, boneless, separable lean only, raw	114.0	4.0 oz	0.272
23305	Beef, Australian, imported, grass-fed, loin, top loin steak/roast, boneless, separable lean and fat, raw	114.0	4.0 oz	0.237
23303	Beef, Australian, imported, grass-fed, loin, top loin steak/roast, boneless, separable lean only, raw	114.0	4.0 oz	0.285
23315	Beef, Australian, imported, grass-fed, loin, top sirloin cap-off steak/roast, boneless, separable lean and fat, raw	114.0	4.0 oz	0.283
23306	Beef, Australian, imported, grass-fed, loin, top sirloin cap-off steak/roast, boneless, separable lean only, raw	114.0	4.0 oz	0.286
23316	Beef, Australian, imported, grass-fed, rib, ribeye steak/roast lip-on, boneless, separable lean and fat, raw	114.0	4.0 oz	0.238
23307	Beef, Australian, imported, grass-fed, rib, ribeye steak/roast lip-on, boneless, separable lean only, raw	114.0	4.0 oz	0.280
23317	Beef, Australian, imported, grass-fed, round, bottom round steak/roast, boneless, separable lean and fat, raw	114.0	4.0 oz	0.272
23308	Beef, Australian, imported, grass-fed, round, bottom round steak/roast, boneless, separable lean only, raw	114.0	4.0 oz	0.279



NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure	
23318	Beef, Australian, imported, grass-fed, round, top round cap-off steak/roast, boneless, separable lean and fat, raw	114.0	4.0 oz	0.291	
23309	Beef, Australian, imported, grass-fed, round, top round cap-off steak/roast, boneless, separable lean only, raw	114.0	4.0 oz	0.293	
23304	Beef, Australian, imported, Wagyu, loin, tenderloin steak/roast, boneless, separable lean and fat, Aust. marble score 4/5, raw	114.0	4.0 oz	0.254	
23323	Beef, Australian, imported, Wagyu, loin, tenderloin steak/roast, boneless, separable lean and fat, Aust. marble score 9, raw	114.0	4.0 oz	0.239	
23295	Beef, Australian, imported, Wagyu, loin, tenderloin steak/roast, boneless, separable lean only, Aust. marble score 4/5, raw	114.0	4.0 oz	0.264	
23310	Beef, Australian, imported, Wagyu, loin, tenderloin steak/roast, boneless, separable lean only, Aust. marble score 9, raw	114.0	4.0 oz	0.246	
23319	Beef, Australian, imported, Wagyu, loin, top loin steak/roast, boneless, separable lean and fat, Aust. marble score 4/5, raw	114.0	4.0 oz	0.217	
23311	Beef, Australian, imported, Wagyu, loin, top loin steak/roast, boneless, separable lean only, Aust. marble score 4/5, raw	114.0	4.0 oz	0.263	
23312	Beef, Australian, imported, Wagyu, loin, top loin steak/roast, boneless, separable lean only, Aust. marble score 9, raw	114.0	4.0 oz	0.221	
23320	Beef, Australian, imported, Wagyu, loin, top loin steak/roast, separable lean and fat, Aust. marble score 9, raw	114.0	4.0 oz	0.177	
23321	Beef, Australian, imported, Wagyu, rib, small end rib steak/roast, boneless, separable lean and fat, Aust. marble score 4/5, raw	114.0	4.0 oz	0.204	
23322	Beef, Australian, imported, Wagyu, rib, small end rib steak/roast, boneless, separable lean and fat, Aust. marble score 9, raw	114.0	4.0 oz	0.173	
23313	Beef, Australian, imported, Wagyu, rib, small end rib steak/roast, boneless, separable lean only, Aust. marble score 4/5, raw	114.0	4.0 oz	0.266	
23314	Beef, Australian, imported, Wagyu, rib, small end rib steak/roast, boneless, separable lean only, Aust. marble score 9, raw	114.0	4.0 oz	0.230	
13953	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	569.0	1.0 roast (yield from 690g raw meat)		0.973
13954	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.116	
13955	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.144	
13956	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.116	
13957	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.148	
13958	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.116	
23646	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.119	
23647	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.147	
23648	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.118	
23649	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.152	

NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure
23650	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.119
13595	Beef, brisket, flat half, boneless separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.209
13904	Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.195
13975	Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.193
13983	Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.197
13596	Beef, brisket, flat half, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.207
13597	Beef, brisket, flat half, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.212
13369	Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.184
13165	Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.180
13950	Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.188
13806	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	0.154
13805	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.108
23660	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	0.160
23658	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.101
13055	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	85.0	3.0 oz	0.161
23659	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.099
13370	Beef, brisket, flat half, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.186
13343	Beef, brisket, flat half, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.182
13485	Beef, brisket, flat half, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.190
23595	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised	28.35	1.0 oz	0.062
23596	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.040
23615	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, choice, cooked, braised	28.35	1.0 oz	0.062
23613	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.041
23634	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, select, cooked, braised	28.35	1.0 oz	0.062
23632	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.040
13371	Beef, brisket, point half, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.224
13808	Beef, brisket, point half, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	0.232
13807	Beef, brisket, point half, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.056
13372	Beef, brisket, point half, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.267
13367	Beef, brisket, whole, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.150
13804	Beef, brisket, whole, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	0.246
13803	Beef, brisket, whole, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.058
13023	Beef, brisket, whole, separable lean only, all grades, raw	28.35	1.0 oz	0.066
13368	Beef, brisket, whole, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.167
13001	Beef, carcass, separable lean and fat, choice, raw	28.35	1.0 oz	0.057
13002	Beef, carcass, separable lean and fat, select, raw	28.35	1.0 oz	0.057

NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure
23134	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.265
23137	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.182
23135	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.260
23138	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.181
23136	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.273
23139	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.183
23071	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.306
23074	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.204
23069	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.302
23072	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.203
23070	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.313
23073	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.206
23113	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.235
13786	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.184
23114	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.235
13788	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.184
23115	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.238
13791	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.184
13821	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.260
13972	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.201
13822	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.258
13973	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.201

NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure
13823	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.264
13974	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.200
23140	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.239
23143	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.180
23141	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.239
23144	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.180
23142	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.240
23145	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.180
23077	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.272
23080	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.207
23075	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.273
23078	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.207
23076	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.272
23079	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.207
23090	Beef, chuck for stew, separable lean and fat, all grades, cooked, braised	85.0	3.0 oz	0.316
23093	Beef, chuck for stew, separable lean and fat, all grades, raw	85.0	3.0 oz	0.212
23092	Beef, chuck for stew, separable lean and fat, choice, cooked, braised	85.0	3.0 oz	0.317
23095	Beef, chuck for stew, separable lean and fat, choice, raw	85.0	3.0 oz	0.211
23091	Beef, chuck for stew, separable lean and fat, select, cooked, braised	85.0	3.0 oz	0.314
23094	Beef, chuck for stew, separable lean and fat, select, raw	85.0	3.0 oz	0.213
13373	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.161
13375	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.163
13810	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	0.170
13809	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.035
13812	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	0.168
13811	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.035
13814	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	85.0	3.0 oz	0.172
13813	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.036
13377	Beef, chuck, arm pot roast, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.186
13378	Beef, chuck, arm pot roast, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.186
23602	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised	28.35	1.0 oz	0.065
23603	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.041
23614	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, choice, cooked, braised	28.35	1.0 oz	0.065
23612	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.041

NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure
23633	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, select, cooked, braised	28.35	1.0 oz	0.064
23631	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.041
13379	Beef, chuck, blade roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	235.0	1.0 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0.421
13816	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	0.255
13815	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.054
13818	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	0.251
13817	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.054
13820	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	85.0	3.0 oz	0.260
13819	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.055
13382	Beef, chuck, blade roast, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.173
23552	Beef, chuck, clod roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.236
23528	Beef, chuck, clod roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.226
23531	Beef, chuck, clod roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.251
23514	Beef, chuck, clod roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz ( 1 serving )	0.246
13937	Beef, chuck, clod roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.238
13940	Beef, chuck, clod roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.258
23515	Beef, chuck, clod roast, separable lean only, trimmed to 1/4" fat, all grades, cooked, roasted	85.0	3.0 oz	0.242
23513	Beef, chuck, clod roast, separable lean only, trimmed to 1/4" fat, all grades, raw	28.35	1.0 oz	0.060
23517	Beef, chuck, clod steak, separable lean only, trimmed to 1/4" fat, all grades, cooked, braised	85.0	3.0 oz	0.269
23119	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	141.0	1.0 steak	0.509
23122	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.202
23120	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	141.0	1.0 steak	0.512
23123	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.203
23121	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	141.0	1.0 steak	0.506
23124	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.201
23086	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	141.0	1.0 steak	0.539
23089	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.207
23084	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	141.0	1.0 steak	0.543
23087	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.208
23085	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	141.0	1.0 steak	0.533
23088	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.207

NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure
23547	Beef, chuck, mock tender steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.237
23519	Beef, chuck, mock tender steak, separable lean and fat, trimmed to 0" fat, USDA choice, cooked, broiled	85.0	3.0 oz	0.236
23521	Beef, chuck, mock tender steak, separable lean and fat, trimmed to 0" fat, USDA select, cooked, broiled	85.0	3.0 oz	0.239
23509	Beef, chuck, mock tender steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.238
13961	Beef, chuck, mock tender steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz (1 serving)	0.236
13963	Beef, chuck, mock tender steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0.240
23125	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.244
23128	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.167
23126	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.242
23129	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.165
23127	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.247
23130	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.171
13982	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.281
23068	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.192
13980	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.281
23066	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.189
13981	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.280
23067	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.196
23054	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	32.0	1.0 medallion	0.055
23053	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, all grades, raw	41.0	1.0 medallion	0.055
23035	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	30.0	1.0 medallion	0.051
23034	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, choice, raw	40.0	1.0 medallion	0.054
23065	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	34.0	1.0 medallion	0.059
23036	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, select, raw	44.0	1.0 medallion	0.061
23058	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	1.0 serving (3 oz)	0.147
23057	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.116
23038	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	1.0 serving (3 oz)	0.145

NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure
23037	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.114
23040	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	179.0	1.0 steak	0.306
23039	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.118
23060	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	1.0 serving (3 oz)	0.147
23059	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.106
23042	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	1.0 serving (3 oz)	0.138
23041	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.105
23044	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	1.0 serving (3 oz)	0.141
23043	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.108
23549	Beef, chuck, top blade, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.236
23523	Beef, chuck, top blade, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0.236
23525	Beef, chuck, top blade, separable lean and fat, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0.235
23511	Beef, chuck, top blade, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.240
13965	Beef, chuck, top blade, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0.240
13967	Beef, chuck, top blade, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0.240
23105	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.251
23108	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.182
23106	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.250
23109	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.180
23107	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.252
23110	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.184
13351	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.258
13356	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.190
13352	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.258

NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure
13359	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.188
13354	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.258
13499	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.192
23102	Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.184
23103	Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.184
23104	Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.184
13293	Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.206
13294	Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.207
13349	Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.205
23099	Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.256
13380	Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.257
13381	Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.260
13285	Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.298
13383	Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.297
13384	Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.299
23116	Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.270
23117	Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.264
23118	Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.280
23098	Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.306
23096	Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.302
23097	Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.312
13361	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, all grades, cooked	85.0	3.0 oz	0.250



NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure
23482	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, all grades, raw	114.0	4.0 oz	0.239
13362	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, choice, cooked	85.0	3.0 oz	0.247
23494	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, choice, raw	114.0	4.0 oz	0.236
13363	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, select, cooked	85.0	3.0 oz	0.247
23497	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, select, raw	114.0	4.0 oz	0.245
13796	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, all grades, cooked	85.0	3.0 oz	0.189
13795	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, all grades, raw	114.0	4.0 oz	0.194
13798	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, cooked	85.0	3.0 oz	0.189
13797	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, raw	114.0	4.0 oz	0.192
13800	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, select, cooked	85.0	3.0 oz	0.188
13799	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, select, raw	114.0	4.0 oz	0.182
13364	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, all grades, cooked	85.0	3.0 oz	0.276
23485	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, all grades, raw	114.0	4.0 oz	0.263
13365	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, choice, cooked	85.0	3.0 oz	0.272
23495	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, choice, raw	114.0	4.0 oz	0.249
13366	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, select, cooked	85.0	3.0 oz	0.278
23496	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, select, raw	114.0	4.0 oz	0.284
23484	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, all grades, cooked	114.0	4.0 oz	0.295
23483	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.170
23490	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, choice, raw	114.0	4.0 oz	0.221
23498	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, select, cooked	85.0	3.0 oz	0.212
23499	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, select, raw	114.0	4.0 oz	0.241
22908	Beef, corned beef hash, with potato, canned	236.0	1.0 cup	0.111
13345	Beef, cured, breakfast strips, cooked	34.0	3.0 slices	0.097
13344	Beef, cured, breakfast strips, raw or unheated	68.0	3.0 slices	0.078
13347	Beef, cured, corned beef, brisket, cooked	85.0	3.0 oz	0.101
13346	Beef, cured, corned beef, brisket, raw	28.35	1.0 oz	0.038
13348	Beef, cured, corned beef, canned	28.35	1.0 oz	0.070
13350	Beef, cured, dried	28.0	10.0 slices	0.053
13353	Beef, cured, luncheon meat, jellied	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	0.038
13355	Beef, cured, pastrami	71.0	1.0 package, 2.5 oz	0.100
13357	Beef, cured, sausage, cooked, smoked	43.0	1.0 sausage	0.055
13358	Beef, cured, smoked, chopped beef	28.0	1.0 slice (1 oz)	0.046
13948	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.155
13970	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.118
13066	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.257

NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure
13067	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0.154
13065	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, choice, raw	28.35	1.0 oz	0.039
13949	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0.156
13971	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.118
23654	Beef, flank, steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.156
23656	Beef, flank, steak, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.121
13069	Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.156
13070	Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0.156
13068	Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, raw	28.35	1.0 oz	0.041
23655	Beef, flank, steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0.156
23657	Beef, flank, steak, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.120
13494	Beef, ground, 70% lean meat / 30% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	0.110
13495	Beef, ground, 70% lean meat / 30% fat, loaf, cooked, baked	85.0	3.0 oz	0.103
13496	Beef, ground, 70% lean meat / 30% fat, patty cooked, pan-broiled	85.0	3.0 oz	0.099
13497	Beef, ground, 70% lean meat / 30% fat, patty, cooked, broiled	85.0	3.0 oz	0.110
13498	Beef, ground, 70% lean meat / 30% fat, raw	113.0	4.0 oz	0.082
23580	Beef, ground, 75% lean meat / 25% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	0.113
23581	Beef, ground, 75% lean meat / 25% fat, loaf, cooked, baked	85.0	3.0 oz	0.106
23578	Beef, ground, 75% lean meat / 25% fat, patty, cooked, broiled	85.0	3.0 oz	0.110
23579	Beef, ground, 75% lean meat / 25% fat, patty, cooked, pan-broiled	85.0	3.0 oz	0.101
23577	Beef, ground, 75% lean meat / 25% fat, raw	113.0	4.0 oz	0.090
23575	Beef, ground, 80% lean meat / 20% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	0.116
23576	Beef, ground, 80% lean meat / 20% fat, loaf, cooked, baked	85.0	3.0 oz	0.109
23574	Beef, ground, 80% lean meat / 20% fat, patty, cooked, pan-broiled	85.0	3.0 oz	0.104
23572	Beef, ground, 80% lean meat / 20% fat, raw	113.0	4.0 oz	0.098
23570	Beef, ground, 85% lean meat / 15% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	0.120
23571	Beef, ground, 85% lean meat / 15% fat, loaf, cooked, baked	85.0	3.0 oz	0.112
23568	Beef, ground, 85% lean meat / 15% fat, patty, cooked, broiled	85.0	3.0 oz	0.080
23569	Beef, ground, 85% lean meat / 15% fat, patty, cooked, pan-broiled	85.0	3.0 oz	0.106
23567	Beef, ground, 85% lean meat / 15% fat, raw	85.0	3.0 oz	0.080
23565	Beef, ground, 90% lean meat / 10% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	0.122
23566	Beef, ground, 90% lean meat / 10% fat, loaf, cooked, baked	85.0	3.0 oz	0.115
23563	Beef, ground, 90% lean meat / 10% fat, patty, cooked, broiled	85.0	3.0 oz	0.113
23564	Beef, ground, 90% lean meat / 10% fat, patty, cooked, pan-broiled	85.0	3.0 oz	0.109
23562	Beef, ground, 90% lean meat / 10% fat, raw	113.0	4.0 oz	0.115
23476	Beef, ground, 93% lean meat / 7% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	0.125

NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure
23475	Beef, ground, 93% lean meat / 7% fat, loaf, cooked, baked	85.0	3.0 oz	0.116
23473	Beef, ground, 93% lean meat / 7% fat, patty, cooked, broiled	85.0	3.0 oz	0.113
23472	Beef, ground, 93% lean meat / 7% fat, raw	113.0	4.0 oz	0.120
23474	Beef, ground, 93% lean meat /7% fat, patty, cooked, pan-broiled	85.0	3.0 oz	0.110
23560	Beef, ground, 95% lean meat / 5% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	0.126
23561	Beef, ground, 95% lean meat / 5% fat, loaf, cooked, baked	85.0	3.0 oz	0.118
23558	Beef, ground, 95% lean meat / 5% fat, patty, cooked, broiled	85.0	3.0 oz	0.113
23559	Beef, ground, 95% lean meat / 5% fat, patty, cooked, pan-broiled	85.0	3.0 oz	0.111
23557	Beef, ground, 95% lean meat / 5% fat, raw	113.0	4.0 oz	0.123
23481	Beef, ground, 97% lean meat / 3% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	0.128
23480	Beef, ground, 97% lean meat / 3% fat, loaf, cooked, baked	85.0	3.0 oz	0.119
23478	Beef, ground, 97% lean meat / 3% fat, patty, cooked, broiled	85.0	3.0 oz	0.114
23477	Beef, ground, 97% lean meat / 3% fat, raw	113.0	4.0 oz	0.127
23479	Beef, ground, 97% lean meat /3% fat, patty, cooked, pan-broiled	85.0	3.0 oz	0.112
23220	Beef, ground, unspecified fat content, cooked	85.0	3.0 oz	0.239
13985	Beef, loin, bottom sirloin butt, tri-tip roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	1.0 serving	0.150
23545	Beef, loin, bottom sirloin butt, tri-tip steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.275
23345	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.260
23336	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.206
23346	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.260
23337	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.205
23347	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.261
23338	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.209
23375	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.286
23366	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.229
23376	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.276
23367	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.219
23368	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.246
23377	Beef, loin, tenderloin roast, separable lean only, boneless, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.305
13439	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.263
23342	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.207
13440	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.267

NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure
23343	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.206
13441	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.259
23344	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.209
13442	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.298
23372	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.229
13443	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.291
23373	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.219
13444	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.311
23374	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.246
13445	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.272
23339	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.213
13446	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.271
23340	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.212
13447	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.279
23341	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.217
13448	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.308
23369	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.241
13449	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.291
23370	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.230
13450	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.328
23371	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.258
23391	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	0.249
23388	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.202
23389	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0.245
23395	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.201
23390	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0.257
23387	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.205
23394	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	0.303

NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure
23386	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.241
23392	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0.288
23385	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.230
23393	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0.329
23384	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.222
13910	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	0.148
13911	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.116
13914	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0.147
13913	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.110
23278	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	0.247
23281	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.190
23279	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0.251
23282	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.188
23280	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0.243
23283	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.191
23241	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	0.294
23244	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.223
23242	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0.283
23245	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.214
23243	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0.314
23246	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.238
23256	Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	121.0	1.0 fillet	0.454
23257	Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	124.0	1.0 fillet	0.446
23258	Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	115.0	1.0 fillet	0.461
23259	Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.303
23239	Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.292
23260	Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.326

NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure
23261	Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.240
23240	Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.232
23262	Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.256
23446	Beef, New Zealand, imported, bolar blade, separable lean and fat, cooked, fast roasted	85.0	3.0 oz	0.279
23447	Beef, New Zealand, imported, bolar blade, separable lean and fat, raw	114.0	4.0 oz	0.254
23397	Beef, New Zealand, imported, bolar blade, separable lean only, cooked, fast roasted	85.0	3.0 oz	0.298
23398	Beef, New Zealand, imported, bolar blade, separable lean only, raw	114.0	4.0 oz	0.263
23448	Beef, New Zealand, imported, brisket navel end, separable lean and fat, cooked, braised	85.0	3.0 oz	0.179
23449	Beef, New Zealand, imported, brisket navel end, separable lean and fat, raw	114.0	4.0 oz	0.189
23399	Beef, New Zealand, imported, brisket navel end, separable lean only, cooked, braised	85.0	3.0 oz	0.261
23401	Beef, New Zealand, imported, brisket navel end, separable lean only, raw	114.0	4.0 oz	0.236
23450	Beef, New Zealand, imported, brisket point end, separable lean and fat, cooked, braised	85.0	3.0 oz	0.285
23451	Beef, New Zealand, imported, brisket point end, separable lean and fat, raw	114.0	4.0 oz	0.239
23402	Beef, New Zealand, imported, brisket point end, separable lean only, cooked, braised	85.0	3.0 oz	0.308
23403	Beef, New Zealand, imported, brisket point end, separable lean only, raw	114.0	4.0 oz	0.250
23452	Beef, New Zealand, imported, chuck eye roll, separable lean and fat, cooked, braised	85.0	3.0 oz	0.266
23453	Beef, New Zealand, imported, chuck eye roll, separable lean and fat, raw	114.0	4.0 oz	0.358
23405	Beef, New Zealand, imported, chuck eye roll, separable lean only, cooked, braised	85.0	1.0 serving	0.286
23454	Beef, New Zealand, imported, cube roll, separable lean and fat, cooked, fast roasted	85.0	3.0 oz	0.247
23455	Beef, New Zealand, imported, cube roll, separable lean and fat, raw	114.0	4.0 oz	0.218
23406	Beef, New Zealand, imported, cube roll, separable lean only, cooked, fast roasted	85.0	3.0 oz	0.268
23407	Beef, New Zealand, imported, cube roll, separable lean only, raw	114.0	4.0 oz	0.236
23456	Beef, New Zealand, imported, eye round, separable lean and fat, cooked, slow roasted	85.0	3.0 oz	0.263
23457	Beef, New Zealand, imported, eye round, separable lean and fat, raw	113.0	4.0 oz	0.235
23408	Beef, New Zealand, imported, eye round, separable lean only, cooked, slow roasted	85.0	3.0 oz	0.264
23409	Beef, New Zealand, imported, eye round, separable lean only, raw	113.0	4.0 oz	0.238
23458	Beef, New Zealand, imported, flank, separable lean and fat, cooked, braised	85.0	3.0 oz	0.269
23459	Beef, New Zealand, imported, flank, separable lean and fat, raw	113.0	4.0 oz	0.238
23410	Beef, New Zealand, imported, flank, separable lean only, cooked, braised	85.0	3.0 oz	0.274
23411	Beef, New Zealand, imported, flank, separable lean only, raw	113.0	4.0 oz	0.243
23460	Beef, New Zealand, imported, flat, separable lean and fat, cooked, braised	85.0	3.0 oz	0.284
23461	Beef, New Zealand, imported, flat, separable lean and fat, raw	113.0	4.0 oz	0.244
23412	Beef, New Zealand, imported, flat, separable lean only, cooked, braised	85.0	3.0 oz	0.296
23413	Beef, New Zealand, imported, flat, separable lean only, raw	113.0	4.0 oz	0.252
23462	Beef, New Zealand, imported, hind shin, separable lean and fat, cooked, braised	85.0	3.0 oz	0.265
23463	Beef, New Zealand, imported, hind shin, separable lean and fat, raw	113.0	4.0 oz	0.244

NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure
23416	Beef, New Zealand, imported, hind shin, separable lean only, cooked, braised	85.0	3.0 oz	0.278
23417	Beef, New Zealand, imported, hind shin, separable lean only, raw	113.0	4.0 oz	0.254
23418	Beef, New Zealand, imported, inside, raw	113.0	4.0 oz	0.262
23419	Beef, New Zealand, imported, intermuscular fat, cooked	85.0	3.0 oz	0.071
23420	Beef, New Zealand, imported, intermuscular fat, raw	113.0	4.0 oz	0.082
23422	Beef, New Zealand, imported, knuckle, cooked, fast fried	85.0	3.0 oz	0.245
23426	Beef, New Zealand, imported, manufacturing beef, cooked, boiled	85.0	3.0 oz	0.216
23427	Beef, New Zealand, imported, manufacturing beef, raw	113.0	4.0 oz	0.251
23464	Beef, New Zealand, imported, oyster blade, separable lean and fat, cooked, braised	85.0	3.0 oz	0.265
23440	Beef, New Zealand, imported, oyster blade, separable lean and fat, raw	113.0	4.0 oz	0.252
23428	Beef, New Zealand, imported, oyster blade, separable lean only, cooked, braised	85.0	3.0 oz	0.266
23429	Beef, New Zealand, imported, oyster blade, separable lean only, raw	113.0	4.0 oz	0.259
23430	Beef, New Zealand, imported, ribs prepared, cooked, fast roasted	85.0	3.0 oz	0.242
23431	Beef, New Zealand, imported, ribs prepared, raw	113.0	4.0 oz	0.252
23465	Beef, New Zealand, imported, rump centre, separable lean and fat, cooked, fast fried	85.0	3.0 oz	0.267
23467	Beef, New Zealand, imported, rump centre, separable lean and fat, raw	113.0	4.0 oz	0.257
23432	Beef, New Zealand, imported, rump centre, separable lean only, cooked, fast fried	85.0	3.0 oz	0.269
23466	Beef, New Zealand, imported, rump centre, separable lean only, raw	113.0	4.0 oz	0.258
23468	Beef, New Zealand, imported, striploin, separable lean and fat, cooked, fast fried	85.0	3.0 oz	0.222
23469	Beef, New Zealand, imported, striploin, separable lean and fat, raw	113.0	4.0 oz	0.219
23433	Beef, New Zealand, imported, striploin, separable lean only, cooked, fast fried	85.0	3.0 oz	0.254
23434	Beef, New Zealand, imported, striploin, separable lean only, raw	113.0	4.0 oz	0.247
23435	Beef, New Zealand, imported, subcutaneous fat, cooked	85.0	3.0 oz	0.058
23436	Beef, New Zealand, imported, subcutaneous fat, raw	113.0	4.0 oz	0.101
23437	Beef, New Zealand, imported, sweetbread, cooked, boiled	85.0	3.0 oz	0.111
23438	Beef, New Zealand, imported, sweetbread, raw	113.0	4.0 oz	0.137
23470	Beef, New Zealand, imported, tenderloin, separable lean and fat, cooked, fast fried	85.0	3.0 oz	0.261
23471	Beef, New Zealand, imported, tenderloin, separable lean and fat, raw	113.0	4.0 oz	0.249
23439	Beef, New Zealand, imported, tenderloin, separable lean only, cooked, fast fried	85.0	3.0 oz	0.262
23441	Beef, New Zealand, imported, tenderloin, separable lean only, raw	113.0	4.0 oz	0.251
23424	Beef, New Zealand, imported, variety meats and by-products liver, cooked, boiled	85.0	3.0 oz	0.207
23414	Beef, New Zealand, imported, variety meats and by-products, heart, cooked, boiled	85.0	3.0 oz	0.279
23415	Beef, New Zealand, imported, variety meats and by-products, heart, raw	113.0	4.0 oz	0.219
23421	Beef, New Zealand, imported, variety meats and by-products, kidney, cooked, boiled	85.0	3.0 oz	0.243
23423	Beef, New Zealand, imported, variety meats and by-products, kidney, raw	113.0	4.0 oz	0.185
23425	Beef, New Zealand, imported, variety meats and by-products, liver, raw	113.0	4.0 oz	0.243

NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure
23442	Beef, New Zealand, imported, variety meats and by-products, tongue, cooked, boiled	85.0	3.0 oz	0.163
23443	Beef, New Zealand, imported, variety meats and by-products, tongue, raw	113.0	4.0 oz	0.210
23444	Beef, New Zealand, imported, variety meats and by-products, tripe cooked, boiled	85.0	3.0 oz	0.169
23445	Beef, New Zealand, imported, variety meats and by-products, tripe uncooked, raw	113.0	4.0 oz	0.176
23214	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.280
23217	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.194
23215	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.275
23218	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.191
23216	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.286
23219	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.199
23162	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.313
23163	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.221
23164	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.298
23165	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.210
23166	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.340
23167	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.240
23221	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.258
23224	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.171
23222	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.252
23225	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.168
23223	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.266
23226	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.176
23168	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.288
23169	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.196
23170	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.272
23171	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.185
23172	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.318
23173	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.212
23540	Beef, plate, inside skirt steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.240
13977	Beef, plate, inside skirt steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.245
23541	Beef, plate, outside skirt steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.216



NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure
13979	Beef, plate, outside skirt steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.222
13020	Beef, retail cuts, separable fat, cooked	28.35	1.0 oz	0.020
13019	Beef, retail cuts, separable fat, raw	28.35	1.0 oz	0.015
23191	Beef, rib eye roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	0.224
23189	Beef, rib eye roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.224
23190	Beef, rib eye roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0.223
23146	Beef, rib eye roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	0.282
23101	Beef, rib eye roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.273
23147	Beef, rib eye roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0.299
23198	Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	0.231
23199	Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.228
23200	Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0.237
23159	Beef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	0.294
23160	Beef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.280
23161	Beef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0.319
23188	Beef, rib eye steak, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	0.218
23186	Beef, rib eye steak, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0.217
23187	Beef, rib eye steak, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0.221
23156	Beef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	0.286
23157	Beef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0.272
23158	Beef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0.310
23227	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.236
23230	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.183
23228	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.228
23231	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.178
23229	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.251
23232	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.192
23174	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.293
23175	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.230
23176	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.275
23177	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.218
23178	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.321

NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure
23179	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.249
23197	Beef, rib eye steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	0.225
23195	Beef, rib eye steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0.218
23196	Beef, rib eye steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0.236
23100	Beef, rib eye steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	0.292
23148	Beef, rib eye steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0.275
23149	Beef, rib eye steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0.321
23192	Beef, rib eye steak/roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.173
23193	Beef, rib eye steak/roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.171
23194	Beef, rib eye steak/roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.176
23150	Beef, rib eye steak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.221
23151	Beef, rib eye steak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.210
23152	Beef, rib eye steak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.240
23201	Beef, rib eye steak/roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.179
23202	Beef, rib eye steak/roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.175
23213	Beef, rib eye steak/roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.186
23153	Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.230
23154	Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.218
23155	Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.250
13952	Beef, rib eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.152
13951	Beef, rib eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0.156
13284	Beef, rib eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.201
23233	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.230
23236	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.154
23234	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.223
23237	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.150
23235	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.244
23238	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.160
23180	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.296
23182	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.279
23183	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.188
23184	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.325
23185	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.218
13490	Beef, rib, eye, small end (ribs 10- 12) separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0.167

NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure
13096	Beef, rib, eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0.149
13095	Beef, rib, eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, choice, raw	28.35	1.0 oz	0.056
13098	Beef, rib, eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0.161
13097	Beef, rib, eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, choice, raw	28.35	1.0 oz	0.064
13386	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.217
13387	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.224
13839	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	0.205
13840	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	0.219
13838	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.052
13842	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	0.199
13843	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.214
13841	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.051
13848	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	85.0	3.0 oz	0.196
13849	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted	85.0	3.0 oz	0.218
13847	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, prime, raw	28.35	1.0 oz	0.050
13845	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	85.0	3.0 oz	0.205
13846	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0.223
13844	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.052
13388	Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.154
13389	Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.262
13390	Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.262
13148	Beef, rib, shortribs, separable lean and fat, choice, cooked, braised	85.0	3.0 oz	0.121
13147	Beef, rib, shortribs, separable lean and fat, choice, raw	28.35	1.0 oz	0.046
13150	Beef, rib, shortribs, separable lean only, choice, cooked, braised	121.0	1.0 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0.244
13149	Beef, rib, shortribs, separable lean only, choice, raw	28.35	1.0 oz	0.060
13391	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.152
13392	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0.235
13393	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0.237
13851	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	0.145
13852	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	0.214
13850	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.036
13854	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	0.137
13855	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.212
13853	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.035
13860	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	85.0	3.0 oz	0.230

NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure
13861	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted	85.0	3.0 oz	0.211
13859	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, prime, raw	28.35	1.0 oz	0.053
13857	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	85.0	3.0 oz	0.152
13858	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0.217
13856	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.110
13394	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.164
13395	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0.267
13396	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0.267
23638	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	28.35	1.0 oz	0.055
23599	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.042
23623	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.041
23586	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, select, cooked, broiled	28.35	1.0 oz	0.058
23582	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.042
23626	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8"fat, choice, cooked, broiled	28.35	1.0 oz	0.053
13825	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	0.213
13826	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	0.217
13824	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.052
13828	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	0.212
13829	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.215
13827	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.052
13834	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	85.0	3.0 oz	0.209
13835	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted	85.0	3.0 oz	0.215
13833	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, prime, raw	28.35	1.0 oz	0.051
13831	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	85.0	3.0 oz	0.217
13832	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0.220
13830	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.053
23263	Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.236
23264	Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.226
23265	Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.242
23266	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.257
23269	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.203
23267	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.244
23270	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.196
23268	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.280
23271	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.222
23272	Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	135.0	1.0 fillet	0.477

NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure
23273	Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	138.0	1.0 fillet	0.462
23274	Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	129.0	1.0 fillet	0.466
23275	Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.293
23276	Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.281
23277	Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.314
23590	Beef, round, bottom round , roast, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	28.35	1.0 oz	0.053
13414	Beef, round, bottom round roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.158
13399	Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.153
13402	Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.150
13405	Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.157
13870	Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	0.152
13873	Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.151
13876	Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0.153
13408	Beef, round, bottom round, roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.155
13411	Beef, round, bottom round, roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.152
23604	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, all grades, cooked	28.35	1.0 oz	0.052
23594	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.042
23619	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	28.35	1.0 oz	0.051
23618	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.041
23637	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.041
13398	Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.188
13401	Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.183
13404	Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.192
13869	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	0.183
13868	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.039
13872	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	0.184
13871	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.039
13875	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	85.0	3.0 oz	0.165
13874	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.116
13407	Beef, round, bottom round, steak, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.190
13410	Beef, round, bottom round, steak, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.184
13413	Beef, round, bottom round, steak, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.196
23605	Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised	28.35	1.0 oz	0.064
23622	Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, braised	28.35	1.0 oz	0.064
23593	Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, select, cooked, braised	28.35	1.0 oz	0.064

NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure
13415	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.288
23330	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.221
13416	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.292
23331	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.222
13417	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.293
23332	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.222
13418	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.320
23360	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.244
13419	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.306
23361	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.235
13420	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.344
23362	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.259
23334	Beef, round, eye of round steak, boneless separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.222
23351	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.282
23333	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.221
23352	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.284
23353	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.280
23335	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.222
23381	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.311
23363	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.244
23382	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.301
23364	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.235
23383	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.327
23365	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.259
13878	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	0.158
13877	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.040
13880	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.156
13879	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.041

NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure
13882	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0.157
13881	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.040
23598	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	28.35	1.0 oz	0.055
23597	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.042
23620	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	28.35	1.0 oz	0.056
23616	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.043
23591	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	28.35	1.0 oz	0.055
23635	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.042
13865	Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	0.262
13864	Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.065
13867	Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	85.0	3.0 oz	0.263
13866	Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.065
13156	Beef, round, full cut, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	0.163
13158	Beef, round, full cut, separable lean only, trimmed to 1/4" fat, select, cooked, broiled	85.0	3.0 oz	0.279
23062	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	150.0	1.0 steak	0.267
23061	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.117
23046	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.150
23045	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.116
23048	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.149
23047	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.117
23032	Beef, round, knuckle, tip side, steak, separable lean and fat , trimmed to 0" fat, select, raw	85.0	3.0 oz	0.122
23056	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	1.0 serving (3 oz)	0.162
23055	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.122
23031	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	141.0	1.0 steak	0.266
23030	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.120
23033	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	1.0 serving (3 oz)	0.163
23064	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	1.0 serving (3 oz)	0.154
23063	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.121
23050	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	1.0 serving (3 oz)	0.152
23049	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.119
23052	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	1.0 serving (3 oz)	0.156

NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure
23051	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.124
13421	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.150
13486	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.115
13422	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.151
13487	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.113
13423	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.149
13488	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.116
13884	Beef, round, tip round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	0.261
13886	Beef, round, tip round, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.259
13888	Beef, round, tip round, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0.263
13424	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.154
23651	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.117
13425	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.155
23652	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.116
13426	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.153
23653	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.120
13883	Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.062
13885	Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.062
13887	Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.063
23348	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.294
23327	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.223
23349	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.294
23328	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.224
23350	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.295
23329	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.224
23378	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.324
23357	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.246
23379	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.309
23358	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.237
23380	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.347
23359	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.262
13959	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.310
23324	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.224



NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure
13968	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.314
23325	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.224
13969	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.309
23326	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.224
13491	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.342
23354	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.246
13492	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.335
23355	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.237
13493	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.310
23356	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.262
13893	Beef, round, top round steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	0.172
13428	Beef, round, top round, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.199
13430	Beef, round, top round, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.339
13432	Beef, round, top round, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.339
13892	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	0.327
13895	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	0.325
13897	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, choice, cooked, pan-fried	85.0	3.0 oz	0.314
13901	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, prime, raw	28.35	1.0 oz	0.071
13899	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	85.0	3.0 oz	0.329
13436	Beef, round, top round, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.344
13438	Beef, round, top round, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.344
13890	Beef, round, top round, separable lean only, trimmed to 1/8" fat, choice, cooked, pan-fried	85.0	3.0 oz	0.190
13891	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.041
13896	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	0.171
13894	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.041
13902	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	85.0	3.0 oz	0.298
13900	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	85.0	3.0 oz	0.171
13898	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.041
23608	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	28.35	1.0 oz	0.059
23609	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.128
23621	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	28.35	1.0 oz	0.060
23617	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.042
23592	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, select, cooked, broiled	28.35	1.0 oz	0.059
23636	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.043
13342	Beef, sandwich steaks, flaked, chopped, formed and thinly sliced, raw	85.0	3.0 oz	0.175

NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure
13228	Beef, shank crosscuts, separable lean only, trimmed to 1/4" fat, choice, cooked, simmered	85.0	3.0 oz	0.320
13227	Beef, shank crosscuts, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.069
13459	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.220
13460	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 0" fat, USDA choice, cooked, broiled	85.0	3.0 oz	0.217
13463	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 0" fat, USDA select, cooked, broiled	85.0	3.0 oz ( 1serving )	0.225
23002	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	0.241
23001	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.195
13906	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0.237
13905	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.194
23004	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0.250
23003	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.197
13465	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	0.293
13466	Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.239
13467	Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0.243
13470	Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0.256
13464	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.222
13232	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0.262
13231	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.204
13469	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0.302
13468	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.252
13479	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	0.281
13478	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.231
13236	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0.276
13235	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.222
13483	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0.303
13482	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.248
13473	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.222
13474	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" fat, USDA choice, cooked, broiled	85.0	3.0 oz	0.221
13477	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" fat, USDA select, cooked, broiled	85.0	3.0 oz	0.224
23006	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	0.234
23005	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.191
13908	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0.231

NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure
13907	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.190
23008	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0.240
23007	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.193
13481	Beef, short loin, t-bone steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0.247
13484	Beef, short loin, t-bone steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0.247
23607	Beef, short loin, top loin steak, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.128
13916	Beef, short loin, top loin, separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	85.0	3.0 oz	0.246
13909	Beef, short loin, top loin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.115
13912	Beef, short loin, top loin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0.146
13915	Beef, short loin, top loin, steak, separable lean and fat, trimmed to 1/8" fat, prime, raw	85.0	3.0 oz	0.181
23606	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	28.35	1.0 oz	0.055
23630	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	28.35	1.0 oz	0.054
23627	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.128
23589	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	28.35	1.0 oz	0.055
23585	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.129
23000	Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.205
23111	Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.202
23112	Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.208
13647	Beef, shoulder pot roast or steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.211
13648	Beef, shoulder pot roast or steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.213
13649	Beef, shoulder pot roast or steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.213
23131	Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.298
23132	Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.296
23133	Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.298
23083	Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.307
23081	Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.305
23082	Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.309
23554	Beef, shoulder steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.271
23536	Beef, shoulder steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.272
23516	Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.279
13943	Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz ( 1 serving )	0.278
13946	Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.280
13598	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.264
13863	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.193

NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure
13650	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.264
13889	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.192
13862	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.265
13903	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.194
13500	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.275
13519	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.199
13501	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.275
13520	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.198
13502	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.273
13523	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.199
13919	Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	0.228
13922	Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.228
13928	Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted	85.0	3.0 oz	0.229
13925	Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0.228
13926	Beef, tenderloin, separable lean and fat, trimmed to 1/8" fat, prime, raw	28.35	1.0 oz	0.058
13918	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	0.148
13917	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.110
13921	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	140.0	1.0 steak (yield from 181 g raw meat)	0.244
13920	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.110
13927	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	85.0	3.0 oz	0.241
13924	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	119.0	1.0 steak (yield from 1 raw steak weighing 151g)	0.201
13923	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	149.0	1.0 steak (yield from 1 raw steak weighing 149g)	0.189
23600	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	28.35	1.0 oz	0.054
23601	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.041
23628	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	28.35	1.0 oz	0.054
23624	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.041
23587	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, select, cooked, broiled	28.35	1.0 oz	0.054
23583	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.041
23284	Beef, top loin filet, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	135.0	1.0 fillet	0.414
23285	Beef, top loin filet, boneless, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	135.0	1.0 fillet	0.406
23286	Beef, top loin filet, boneless, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	135.0	1.0 fillet	0.397
23247	Beef, top loin filet, boneless, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	135.0	1.0 fillet	0.486
23248	Beef, top loin filet, boneless, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	135.0	1.0 fillet	0.463

NDB_No	Description	Weight(g)		Measure	Tryptophan(g) Per Measure
23249	Beef, top loin filet, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	135.0		1.0 fillet	0.525
23287	Beef, top loin petite roast, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0		3.0 oz	0.257
23288	Beef, top loin petite roast, boneless, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0		3.0 oz	0.256
23289	Beef, top loin petite roast, boneless, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0		3.0 oz	0.258
23250	Beef, top loin petite roast, boneless, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	85.0		3.0 oz	0.295
23251	Beef, top loin petite roast, boneless, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	85.0		3.0 oz	0.284
23252	Beef, top loin petite roast, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	85.0		3.0 oz	0.315
23290	Beef, top loin petite roast/filet, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0		3.0 oz	0.201
23291	Beef, top loin petite roast/filet, boneless, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0		3.0 oz	0.198
23292	Beef, top loin petite roast/filet, boneless, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0		3.0 oz	0.206
23253	Beef, top loin petite roast/filet, boneless, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0		3.0 oz	0.235
23254	Beef, top loin petite roast/filet, boneless, separable lean only, trimmed to 1/8" fat, choice, raw	85.0		3.0 oz	0.226
23255	Beef, top loin petite roast/filet, boneless, separable lean only, trimmed to 1/8" fat, select, raw	85.0		3.0 oz	0.252
13451	Beef, top sirloin, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0		3.0 oz	0.164
13452	Beef, top sirloin, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	85.0		3.0 oz	0.162
13453	Beef, top sirloin, steak, separable lean and fat, trimmed to 0" fat, select, cooked, broiled	85.0		3.0 oz	0.166
13930	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0		3.0 oz	0.150
13929	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0		3.0 oz	0.113
13932	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0		3.0 oz	0.156
13933	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, pan-fried	85.0		3.0 oz	0.274
13931	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35		1.0 oz	0.036
13935	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	85.0		3.0 oz	0.151
13934	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0		3.0 oz	0.116
13454	Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0		3.0 oz	0.171
13455	Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0		3.0 oz	0.169
13456	Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0		3.0 oz	0.172
23610	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	28.35		1.0 oz	0.055
23611	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35		1.0 oz	0.041
23629	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	28.35		1.0 oz	0.055
23625	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, choice, raw	28.35		1.0 oz	0.041
23588	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, select, cooked, broiled	28.35		1.0 oz	0.055
23584	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, select, raw	28.35		1.0 oz	0.041
13319	Beef, variety meats and by-products, brain, cooked, pan-fried	85.0		3.0 oz	0.088
13326	Beef, variety meats and by-products, liver, cooked, braised	68.0		1.0 slice	0.250
13327	Beef, variety meats and by-products, liver, cooked, pan-fried	81.0		1.0 slice	0.271

NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure
13325	Beef, variety meats and by-products, liver, raw	85.0	3.0 oz	0.224
13329	Beef, variety meats and by-products, lungs, cooked, braised	85.0	3.0 oz	0.158
13328	Beef, variety meats and by-products, lungs, raw	28.35	1.0 oz	0.042
13330	Beef, variety meats and by-products, mechanically separated beef, raw	28.35	1.0 oz	0.048
13332	Beef, variety meats and by-products, pancreas, cooked, braised	85.0	3.0 oz	0.298
13331	Beef, variety meats and by-products, pancreas, raw	28.35	1.0 oz	0.058
13334	Beef, variety meats and by-products, spleen, cooked, braised	85.0	3.0 oz	0.222
13333	Beef, variety meats and by-products, spleen, raw	28.35	1.0 oz	0.054
13335	Beef, variety meats and by-products, suet, raw	28.35	1.0 oz	0.003
13338	Beef, variety meats and by-products, thymus, cooked, braised	85.0	3.0 oz	0.143
13337	Beef, variety meats and by-products, thymus, raw	28.35	1.0 oz	0.027
13339	Beef, variety meats and by-products, tongue, raw	28.35	1.0 oz	0.032
07003	Beerwurst, beer salami, pork	23.0	1.0 slice (4" dia x 1/8" thick)	0.026
07931	Beerwurst, pork and beef	56.0	1.0 serving 2 oz	0.097
11736	Beet greens, cooked, boiled, drained, with salt	144.0	1.0 cup (1" pieces)	0.058
11087	Beet greens, cooked, boiled, drained, without salt	144.0	1.0 cup (1" pieces)	0.058
11086	Beet greens, raw	38.0	1.0 cup	0.013
11084	Beets, canned, drained solids	157.0	1.0 cup, diced	0.017
11735	Beets, canned, no salt added, solids and liquids	246.0	1.0 cup	0.025
11082	Beets, canned, regular pack, solids and liquids	246.0	1.0 cup	0.025
11081	Beets, cooked, boiled, drained	85.0	0.5 cup slices	0.017
11734	Beets, cooked, boiled, drained, with salt	85.0	0.5 cup slices	0.017
11605	Beets, harvard, canned, solids and liquids	246.0	1.0 cup slices	0.025
11609	Beets, pickled, canned, solids and liquids	227.0	1.0 cup slices	0.020
11080	Beets, raw	136.0	1.0 cup	0.026
14054	Beverages, almond milk, chocolate, ready-to-drink	240.0	8.0 fl oz	0.012
14121	Beverages, carbonated, club soda	29.6	1.0 fl oz	0.000
14142	Beverages, carbonated, grape soda	31.0	1.0 fl oz	0.000
14150	Beverages, carbonated, orange	31.0	1.0 fl oz	0.000
14153	Beverages, carbonated, pepper-type, contains caffeine	30.7	1.0 fl oz	0.000
14155	Beverages, carbonated, tonic water	30.5	1.0 fl oz	0.000
14169	Beverages, Carob-flavor beverage mix, powder, prepared with whole milk	256.0	1.0 cup (8 fl oz)	0.182
14182	Beverages, chocolate syrup, prepared with whole milk	282.0	1.0 cup (8 fl oz)	0.192
14177	Beverages, chocolate-flavor beverage mix, powder, prepared with whole milk	266.0	1.0 cup (8 fl oz)	0.192
14187	Beverages, Clam and tomato juice, canned	30.2	1.0 fl oz	0.001
14421	Beverages, coffee substitute, cereal grain beverage, powder, prepared with whole milk	185.0	6.0 fl oz	0.085

NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure
14209	Beverages, coffee, brewed, prepared with tap water	29.6	1.0 fl oz	0.000
14201	Beverages, coffee, brewed, prepared with tap water, decaffeinated	29.6	1.0 fl oz	0.000
14218	Beverages, coffee, instant, decaffeinated, powder	1.8	1.0 tsp rounded	0.001
14214	Beverages, coffee, instant, regular, powder	1.0	1.0 tsp	0.000
14222	Beverages, coffee, instant, with chicory	1.8	1.0 tsp, rounded	0.000
14245	Beverages, Eggnog-flavor mix, powder, prepared with whole milk	272.0	1.0 cup (8 fl oz)	0.182
14318	Beverages, Malted drink mix, chocolate, powder, prepared with whole milk	265.0	1.0 cup (8 fl oz)	0.196
14312	Beverages, Malted drink mix, natural, powder, prepared with whole milk	265.0	1.0 cup (8 fl oz)	0.209
14632	Beverages, Meal supplement drink, canned, peanut flavor	158.0	1.0 cup	0.063
14426	Beverages, Orange drink, breakfast type, with juice and pulp, frozen concentrate	36.3	1.0 fl oz	0.000
14067	Beverages, Protein powder soy based	45.0	1.0 scoop	0.325
14428	Beverages, shake, fast food, strawberry	23.5	1.0 fl oz	0.011
14351	Beverages, Strawberry-flavor beverage mix, powder, prepared with whole milk	266.0	1.0 cup (8 fl oz)	0.112
14544	Beverages, tea, black, brewed, prepared with distilled water	29.6	1.0 fl oz	0.000
14355	Beverages, tea, black, brewed, prepared with tap water	29.6	1.0 fl oz	0.000
14352	Beverages, tea, black, brewed, prepared with tap water, decaffeinated	29.6	1.0 fl oz	0.000
14548	Beverages, tea, instant, lemon, with added ascorbic acid	23.0	1.0 serving (3 heaping tsp)	0.001
14384	Beverages, water, bottled, PERRIER	29.6	1.0 fl oz	0.000
14385	Beverages, water, bottled, POLAND SPRING	29.6	1.0 fl oz	0.000
18017	Biscuits, mixed grain, refrigerated dough	28.35	1.0 oz	0.022
18010	Biscuits, plain or buttermilk, dry mix	120.0	1.0 cup, purchased	0.118
18011	Biscuits, plain or buttermilk, dry mix, prepared	28.35	1.0 oz	0.026
18009	Biscuits, plain or buttermilk, frozen, baked	28.35	1.0 oz	0.022
18016	Biscuits, plain or buttermilk, prepared from recipe	28.35	1.0 oz	0.025
18014	Biscuits, plain or buttermilk, refrigerated dough, higher fat	58.0	1.0 biscuit	0.037
18012	Biscuits, plain or buttermilk, refrigerated dough, lower fat	58.0	1.0 serving 1 biscuit	0.048
18013	Biscuits, plain or buttermilk, refrigerated dough, lower fat, baked	28.35	1.0 oz	0.027
17148	Bison, ground, grass-fed, cooked	85.0	3.0 oz	0.163
17149	Bison, ground, grass-fed, raw	85.0	1.0 patty (cooked from 4 oz raw)	0.130
07005	Blood sausage	100.0	4.0 slices	0.180
09052	Blueberries, canned, heavy syrup, solids and liquids	256.0	1.0 cup	0.008
09055	Blueberries, frozen, sweetened	230.0	1.0 cup, thawed	0.005
09054	Blueberries, frozen, unsweetened	155.0	1.0 cup, unthawed	0.003
09050	Blueberries, raw	148.0	1.0 cup	0.004
07006	Bockwurst, pork, veal, raw	91.0	1.0 sausage	0.139
07007	Bologna, beef	30.0	1.0 slice	0.037

NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure
07008	Bologna, beef and pork	100.0	3.527 oz	0.214
07960	Bologna, chicken, pork	28.0	1.0 serving	0.023
07971	Bologna, meat and poultry	33.0	1.0 slice	0.037
07010	Bologna, pork	28.0	1.0 slice, medium (4-1/2" dia x 1/8" thick) (1 oz)	0.042
07936	Bologna, pork and turkey, lite	56.0	1.0 serving 2 oz	0.057
07937	Bologna, pork, turkey and beef	28.35	1.0 oz	0.036
07011	Bologna, turkey	28.0	0.99 oz 1 serving	0.036
07922	Bratwurst, beef and pork, smoked	66.0	1.0 serving 2.33 oz	0.071
07924	Bratwurst, pork, beef and turkey, lite, smoked	66.0	1.0 serving 2.33 oz	0.096
07013	Bratwurst, pork, cooked	85.0	1.0 link cooked	0.295
07910	Bratwurst, veal, cooked	84.0	1.0 serving 2.96 oz	0.119
07014	Braunschweiger (a liver sausage), pork	28.35	1.0 oz	0.041
18079	Bread crumbs, dry, grated, plain	28.35	1.0 oz	0.046
18376	Bread crumbs, dry, grated, seasoned	28.35	1.0 oz	0.048
18080	Bread sticks, plain	46.0	1.0 cup, small pieces	0.064
18081	Bread stuffing, bread, dry mix	28.35	1.0 oz	0.039
18082	Bread stuffing, bread, dry mix, prepared	28.35	1.0 oz	0.010
18084	Bread stuffing, cornbread, dry mix	28.35	1.0 oz	0.030
18085	Bread stuffing, cornbread, dry mix, prepared	28.35	1.0 oz	0.009
18019	Bread, banana, prepared from recipe, made with margarine	28.35	1.0 oz	0.015
18021	Bread, boston brown, canned	28.35	1.0 oz	0.021
18022	Bread, cornbread, dry mix, enriched (includes corn muffin mix)	28.35	1.0 oz	0.020
18023	Bread, cornbread, dry mix, prepared with 2% milk, 80% margarine, and eggs	51.0	1.0 muffin	0.030
18412	Bread, cornbread, dry mix, unenriched (includes corn muffin mix)	28.35	1.0 oz	0.020
18024	Bread, cornbread, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	0.019
18025	Bread, cracked-wheat	28.35	1.0 oz	0.032
18027	Bread, egg	28.35	1.0 oz	0.032
18028	Bread, egg, toasted	28.35	1.0 oz	0.035
18030	Bread, french or vienna, toasted (includes sourdough)	28.35	1.0 oz	0.038
28338	Bread, gluten-free, white, made with tapioca starch and brown rice flour	28.0	1.0 slice	0.022
18032	Bread, irish soda, prepared from recipe	28.35	1.0 oz	0.020
18033	Bread, italian	28.35	1.0 oz	0.029
28397	Bread, multi-grain (includes whole-grain)	28.35	1.0 oz	0.035
18036	Bread, multi-grain, toasted (includes whole-grain)	28.35	1.0 oz	0.038
18037	Bread, oat bran	28.35	1.0 oz	0.037
18038	Bread, oat bran, toasted	28.35	1.0 oz	0.041



NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure
18039	Bread, oatmeal	28.35	1.0 oz	0.033
18040	Bread, oatmeal, toasted	28.35	1.0 oz	0.036
18041	Bread, pita, white, enriched	60.0	1.0 pita, large (6-1/2" dia)	0.063
18413	Bread, pita, white, unenriched	28.35	1.0 oz	0.030
18042	Bread, pita, whole-wheat	64.0	1.0 pita, large (6-1/2" dia)	0.095
18971	Bread, potato	32.0	1.0 slice	0.026
18954	Bread, pound cake type, pan de torta salvadoran	55.0	1.0 serving	0.050
18043	Bread, protein (includes gluten)	28.35	1.0 oz	0.042
18383	Bread, protein, (includes gluten), toasted	28.35	1.0 oz	0.046
18044	Bread, pumpernickel	28.35	1.0 oz	0.027
18045	Bread, pumpernickel, toasted	28.35	1.0 oz	0.030
18047	Bread, raisin, enriched	28.35	1.0 oz	0.024
18048	Bread, raisin, enriched, toasted	28.35	1.0 oz	0.026
18414	Bread, raisin, unenriched	28.35	1.0 oz	0.024
18049	Bread, reduced-calorie, oat bran	28.35	1.0 oz	0.029
18050	Bread, reduced-calorie, oat bran, toasted	28.35	1.0 oz	0.035
18051	Bread, reduced-calorie, oatmeal	28.35	1.0 oz	0.027
18053	Bread, reduced-calorie, rye	28.35	1.0 oz	0.031
18057	Bread, reduced-calorie, white	28.35	1.0 oz	0.029
18059	Bread, rice bran	28.35	1.0 oz	0.030
18384	Bread, rice bran, toasted	28.35	1.0 oz	0.033
18060	Bread, rye	28.35	1.0 oz	0.027
18061	Bread, rye, toasted	28.35	1.0 oz	0.030
18953	Bread, salvadoran sweet cheese (quesadilla salvadorena)	55.0	1.0 serving (approximate serving size)	0.039
18066	Bread, wheat bran	28.35	1.0 oz	0.031
18385	Bread, wheat germ, toasted	28.35	1.0 oz	0.036
18065	Bread, wheat, toasted	28.35	1.0 oz	0.026
18416	Bread, white, commercially prepared, low sodium, no salt	28.35	1.0 oz	0.027
18070	Bread, white, commercially prepared, toasted	28.35	1.0 oz	0.030
18432	Bread, white, commercially prepared, toasted, low sodium no salt	28.35	1.0 oz	0.030
18073	Bread, white, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	0.028
18071	Bread, white, prepared from recipe, made with nonfat dry milk	28.35	1.0 oz	0.027
18076	Bread, whole-wheat, commercially prepared, toasted	28.35	1.0 oz	0.029
18077	Bread, whole-wheat, prepared from recipe	28.35	1.0 oz	0.035
18078	Bread, whole-wheat, prepared from recipe, toasted	28.35	1.0 oz	0.038
16054	Broadbeans (fava beans), mature seeds, canned	256.0	1.0 cup	0.133

NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure
16353	Broadbeans (fava beans), mature seeds, cooked, boiled, with salt	170.0	1.0 cup	0.122
16053	Broadbeans (fava beans), mature seeds, cooked, boiled, without salt	170.0	1.0 cup	0.122
16052	Broadbeans (fava beans), mature seeds, raw	150.0	1.0 cup	0.370
11088	Broadbeans, immature seeds, raw	109.0	1.0 cup	0.061
11097	Broccoli raab, cooked	85.0	1.0 NLEA serving	0.044
11096	Broccoli raab, raw	40.0	1.0 cup chopped	0.017
11742	Broccoli, cooked, boiled, drained, with salt	78.0	0.5 cup, chopped	0.027
11091	Broccoli, cooked, boiled, drained, without salt	78.0	0.5 cup, chopped	0.027
11740	Broccoli, flower clusters, raw	71.0	1.0 cup flowerets	0.021
11743	Broccoli, frozen, chopped, cooked, boiled, drained, with salt	184.0	1.0 cup	0.059
11093	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	184.0	1.0 cup	0.059
11092	Broccoli, frozen, chopped, unprepared	156.0	1.0 cup	0.045
11744	Broccoli, frozen, spears, cooked, boiled, drained, with salt	92.0	0.5 cup	0.029
11095	Broccoli, frozen, spears, cooked, boiled, drained, without salt	92.0	0.5 cup	0.029
11094	Broccoli, frozen, spears, unprepared	95.0	0.33 package (10 oz)	0.030
11090	Broccoli, raw	91.0	1.0 cup chopped	0.030
11741	Broccoli, stalks, raw	114.0	1.0 stalk	0.033
07015	Brotwurst, pork, beef, link	70.0	1.0 link	0.091
11745	Brussels sprouts, cooked, boiled, drained, with salt	21.0	1.0 sprout	0.006
11099	Brussels sprouts, cooked, boiled, drained, without salt	21.0	1.0 sprout	0.006
11746	Brussels sprouts, frozen, cooked, boiled, drained, with salt	155.0	1.0 cup	0.062
11101	Brussels sprouts, frozen, cooked, boiled, drained, without salt	155.0	1.0 cup	0.062
11100	Brussels sprouts, frozen, unprepared	95.0	0.33 package (10 oz)	0.040
11098	Brussels sprouts, raw	88.0	1.0 cup	0.033
20008	Buckwheat	170.0	1.0 cup	0.326
20011	Buckwheat flour, whole-groat	120.0	1.0 cup	0.220
20010	Buckwheat groats, roasted, cooked	168.0	1.0 cup	0.082
20009	Buckwheat groats, roasted, dry	164.0	1.0 cup	0.279
20013	Bulgur, cooked	182.0	1.0 cup	0.087
20012	Bulgur, dry	140.0	1.0 cup	0.266
11747	Burdock root, cooked, boiled, drained, with salt	125.0	1.0 cup (1" pieces)	0.010
11105	Burdock root, cooked, boiled, drained, without salt	125.0	1.0 cup (1" pieces)	0.010
11104	Burdock root, raw	118.0	1.0 cup (1" pieces)	0.007
21251	BURGER KING, Cheeseburger	133.0	1.0 item	0.106
21256	BURGER KING, Chicken Strips	36.0	1.0 strip	0.076
21385	BURGER KING, CROISSAN'WICH with Egg and Cheese	110.0	1.0 item	0.110

NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure
21384	BURGER KING, CROISSAN'WICH with Sausage and Cheese	131.0	1.0 item	0.145
21383	BURGER KING, CROISSAN'WICH with Sausage, Egg and Cheese	171.0	1.0 sandwich	0.181
21254	BURGER KING, DOUBLE WHOPPER, no cheese	374.0	1.0 item	0.374
21255	BURGER KING, DOUBLE WHOPPER, with cheese	399.0	1.0 item	0.399
21249	BURGER KING, french fries	74.0	1.0 small serving	0.021
21386	BURGER KING, french toast sticks	21.0	1.0 stick	0.010
21387	BURGER KING, Hash Brown Rounds	5.6	1.0 piece	0.002
21259	BURGER KING, Original Chicken Sandwich	199.0	1.0 sandwich	0.289
21258	BURGER KING, Premium Fish Sandwich	220.0	1.0 sandwich	0.178
21252	BURGER KING, WHOPPER, no cheese	291.0	1.0 item	0.204
21253	BURGER KING, WHOPPER, with cheese	316.0	1.0 item	0.284
01003	Butter oil, anhydrous	12.8	1.0 tbsp	0.001
01001	Butter, salted	5.0	1.0 pat (1" sq, 1/3" high)	0.001
01002	Butter, whipped, with salt	3.8	1.0 pat (1" sq, 1/3" high)	0.000
01145	Butter, without salt	5.0	1.0 pat (1" sq, 1/3" high)	0.001
11754	Cabbage, chinese (pak-choi), cooked, boiled, drained, with salt	170.0	1.0 cup, shredded	0.026
11117	Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt	170.0	1.0 cup, shredded	0.026
11116	Cabbage, chinese (pak-choi), raw	70.0	1.0 cup, shredded	0.010
11755	Cabbage, chinese (pe-tsai), cooked, boiled, drained, with salt	119.0	1.0 cup, shredded	0.018
11120	Cabbage, chinese (pe-tsai), cooked, boiled, drained, without salt	119.0	1.0 cup, shredded	0.018
11119	Cabbage, chinese (pe-tsai), raw	76.0	1.0 cup, shredded	0.009
11749	Cabbage, common (danish, domestic, and pointed types), freshly harvest, raw	35.0	0.5 cup, shredded	0.004
11750	Cabbage, common (danish, domestic, and pointed types), stored, raw	35.0	0.5 cup, shredded	0.004
11751	Cabbage, common, cooked, boiled, drained, with salt	75.0	0.5 cup, shredded	0.008
11110	Cabbage, cooked, boiled, drained, without salt	75.0	0.5 cup, shredded	0.008
11109	Cabbage, raw	89.0	1.0 cup, chopped	0.010
11752	Cabbage, red, cooked, boiled, drained, with salt	22.0	1.0 leaf	0.003
11113	Cabbage, red, cooked, boiled, drained, without salt	22.0	1.0 leaf	0.003
11112	Cabbage, red, raw	89.0	1.0 cup, chopped	0.011
11753	Cabbage, savoy, cooked, boiled, drained, with salt	145.0	1.0 cup, shredded	0.026
11115	Cabbage, savoy, cooked, boiled, drained, without salt	145.0	1.0 cup, shredded	0.026
11114	Cabbage, savoy, raw	70.0	1.0 cup, shredded	0.014
18086	Cake, angelfood, commercially prepared	28.0	1.0 piece (1/12 of 12 oz cake)	0.021
18087	Cake, angelfood, dry mix	38.0	1.0 serving	0.043
18088	Cake, angelfood, dry mix, prepared	50.0	1.0 piece (1/12 of 10" dia)	0.038
18090	Cake, boston cream pie, commercially prepared	28.35	1.0 oz	0.010

NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure
18095	Cake, cherry fudge with chocolate frosting	28.35	1.0 oz	0.009
18096	Cake, chocolate, commercially prepared with chocolate frosting, in-store bakery	138.0	1.0 piece (1/12 of a cake)	0.077
18101	Cake, chocolate, prepared from recipe without frosting	95.0	1.0 piece (1/12 of 9" dia)	0.065
18110	Cake, fruitcake, commercially prepared	28.35	1.0 oz	0.012
18114	Cake, gingerbread, dry mix	28.35	1.0 oz	0.018
18116	Cake, gingerbread, prepared from recipe	28.35	1.0 oz	0.013
18119	Cake, pineapple upside-down, prepared from recipe	28.35	1.0 oz	0.012
18120	Cake, pound, commercially prepared, butter (includes fresh and frozen)	61.0	0.167 loaf 1/6 of the loaf	0.025
18451	Cake, pound, commercially prepared, fat-free	28.35	1.0 oz	0.020
18121	Cake, pound, commercially prepared, other than all butter, enriched	30.0	1.0 piece (1/10 of 10.6 oz cake)	0.021
18418	Cake, pound, commercially prepared, other than all butter, unenriched	30.0	1.0 piece (1/10 of 10.6 oz cake)	0.021
18092	Cake, pudding-type, carrot, dry mix	28.35	1.0 oz	0.017
18097	Cake, pudding-type, chocolate, dry mix	28.35	1.0 oz	0.019
18112	Cake, pudding-type, german chocolate, dry mix	43.0	1.0 serving	0.025
18117	Cake, pudding-type, marble, dry mix	28.35	1.0 oz	0.014
18135	Cake, pudding-type, white, enriched, dry mix	28.35	1.0 oz	0.016
18419	Cake, pudding-type, white, unenriched, dry mix	28.35	1.0 oz	0.016
18142	Cake, pudding-type, yellow, dry mix	28.35	1.0 oz	0.016
18126	Cake, shortcake, biscuit-type, prepared from recipe	28.35	1.0 oz	0.022
18127	Cake, snack cakes, creme-filled, chocolate with frosting	28.35	1.0 oz	0.016
18128	Cake, snack cakes, creme-filled, sponge	28.35	1.0 oz	0.011
18133	Cake, sponge, commercially prepared	28.35	1.0 oz	0.020
18134	Cake, sponge, prepared from recipe	28.35	1.0 oz	0.025
18131	Cake, white, dry mix, special dietary (includes lemon-flavored)	28.35	1.0 oz	0.012
18102	Cake, white, prepared from recipe with coconut frosting	28.35	1.0 oz	0.015
18139	Cake, white, prepared from recipe without frosting	74.0	1.0 piece (1/12 of 9" dia)	0.050
18141	Cake, yellow, commercially prepared, with vanilla frosting	67.0	1.0 serving	0.031
18144	Cake, yellow, enriched, dry mix	43.0	1.0 serving	0.026
18453	Cake, yellow, light, dry mix	28.35	1.0 oz	0.018
18146	Cake, yellow, prepared from recipe without frosting	68.0	1.0 piece (1/12 of 8" dia)	0.045
18420	Cake, yellow, unenriched, dry mix	28.35	1.0 oz	0.017
06338	CAMPBELL'S, Cream of Mushroom Soup, condensed	129.0	0.5 cup condensed	0.012
10998	Canadian bacon, cooked, pan-fried	13.8	1.0 slice	0.046
10130	Canadian bacon, unprepared	85.0	3.0 oz	0.205
19074	Candies, caramels	71.0	1.0 package (2.5 oz)	0.043
19109	Candies, KIT KAT Wafer Bar	42.0	1.0 bar (1.5 oz)	0.038

NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure
19116	Candies, marshmallows	50.0	1.0 cup of miniature	0.000
19913	Candies, NESTLE, BUTTERFINGER Crisp	60.0	1.0 piece	0.043
19147	Candies, peanut bar	28.35	1.0 oz	0.042
19080	Candies, semisweet chocolate	14.5	1.0 serving	0.009
19701	Candies, semisweet chocolate, made with butter	170.0	1.0 cup chips (6 oz package)	0.107
19081	Candies, sweet chocolate	28.35	1.0 oz	0.016
19064	Candies, TOOTSIE ROLL, chocolate-flavor roll	40.0	1.0 serving 6 pieces	0.076
09060	Carambola, (starfruit), raw	132.0	1.0 cup, cubes	0.011
14130	Carbonated beverage, cream soda	30.9	1.0 fl oz	0.000
16055	Carob flour	103.0	1.0 cup	0.049
36053	CARRABBA'S ITALIAN GRILL, cheese ravioli with marinara sauce	365.0	1.0 serving varied from 8 to 10 ravioli per serving	0.427
36057	CARRABBA'S ITALIAN GRILL, chicken parmesan without cavatappi pasta	339.0	1.0 serving	0.827
36043	CARRABBA'S ITALIAN GRILL, lasagne	437.0	1.0 serving	0.621
36632	CARRABBA'S ITALIAN GRILL, spaghetti with meat sauce	537.0	1.0 serving	0.263
36048	CARRABBA'S ITALIAN GRILL, spaghetti with pomodoro sauce	489.0	1.0 serving	0.210
11683	Carrot, dehydrated	74.0	1.0 cup	0.064
11960	Carrots, baby, raw	15.0	1.0 large	0.001
11759	Carrots, canned, no salt added, drained solids	146.0	1.0 cup, sliced	0.010
11758	Carrots, canned, no salt added, solids and liquids	123.0	0.5 cup slices	0.010
11128	Carrots, canned, regular pack, drained solids	146.0	1.0 cup, sliced	0.012
11126	Carrots, canned, regular pack, solids and liquids	123.0	0.5 cup slices	0.007
11757	Carrots, cooked, boiled, drained, with salt	9.7	1.0 tbsp	0.001
11125	Carrots, cooked, boiled, drained, without salt	9.7	1.0 tbsp	0.001
11760	Carrots, frozen, cooked, boiled, drained, with salt	146.0	1.0 cup slices	0.010
11131	Carrots, frozen, cooked, boiled, drained, without salt	146.0	1.0 cup, sliced	0.010
11130	Carrots, frozen, unprepared	64.0	0.5 cup slices	0.007
11124	Carrots, raw	128.0	1.0 cup chopped	0.015
11134	Cassava, raw	206.0	1.0 cup	0.039
11935	Catsup	17.0	1.0 tbsp	0.001
11949	Catsup, low sodium	17.0	1.0 tbsp	0.001
11761	Cauliflower, cooked, boiled, drained, with salt	62.0	0.5 cup (1" pieces)	0.015
11136	Cauliflower, cooked, boiled, drained, without salt	62.0	0.5 cup (1" pieces)	0.015
11762	Cauliflower, frozen, cooked, boiled, drained, with salt	180.0	1.0 cup (1" pieces)	0.038
11138	Cauliflower, frozen, cooked, boiled, drained, without salt	180.0	1.0 cup (1" pieces)	0.038
11137	Cauliflower, frozen, unprepared	66.0	0.5 cup (1" pieces)	0.017
11967	Cauliflower, green, cooked, no salt added	90.0	0.2 head	0.036

NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure
11968	Cauliflower, green, cooked, with salt	62.0	0.5 cup (1" pieces)	0.025
11965	Cauliflower, green, raw	64.0	1.0 cup	0.025
11135	Cauliflower, raw	107.0	1.0 cup chopped (1/2" pieces)	0.021
11764	Celery, cooked, boiled, drained, with salt	150.0	1.0 cup, diced	0.016
11144	Celery, cooked, boiled, drained, without salt	150.0	1.0 cup, diced	0.016
11143	Celery, raw	101.0	1.0 cup chopped	0.009
11145	Celtuce, raw	8.0	1.0 leaf	0.000
08013	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS	28.0	1.0 cup (1 NLEA serving)	0.047
08272	Cereals ready-to-eat, GENERAL MILLS, CINNAMON TOAST CRUNCH	31.0	0.75 cup (1 NLEA serving)	0.023
08048	Cereals ready-to-eat, GENERAL MILLS, KIX	30.0	1.25 cup (1 NLEA serving)	0.019
08037	Cereals ready-to-eat, granola, homemade	122.0	1.0 cup	0.227
08001	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original	31.0	0.5 cup (1 NLEA serving)	0.068
08003	Cereals ready-to-eat, KELLOGG, KELLOGG'S APPLE JACKS	28.0	1.0 cup (1 NLEA serving)	0.017
08014	Cereals ready-to-eat, KELLOGG, KELLOGG'S COCOA KRISPIES	31.0	0.75 cup (1 NLEA serving)	0.025
08020	Cereals ready-to-eat, KELLOGG, KELLOGG'S Corn Flakes	28.0	1.0 cup (1 NLEA serving)	0.013
08030	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROOT LOOPS	29.0	1.0 cup (1 NLEA serving)	0.026
08069	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED FLAKES	30.0	0.75 cup ( 1 NLEA serving)	0.008
08060	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN	59.0	1.0 cup ( 1 NLEA serving)	0.065
08065	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES	33.0	1.25 cup (1 NLEA serving)	0.031
08478	Cereals ready-to-eat, MALT-O-MEAL, GOLDEN PUFFS	27.0	0.75 cup (1 NLEA serving)	0.033
08061	Cereals ready-to-eat, POST Raisin Bran Cereal	59.0	1.0 cup (1 NLEA serving)	0.068
43570	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, honey roasted	30.0	0.75 cup (1 NLEA serving)	0.027
08147	Cereals ready-to-eat, POST, Shredded Wheat, original big biscuit	47.0	2.0 biscuits (1 NLEA serving)	0.066
08505	Cereals ready-to-eat, RALSTON Corn Biscuits	30.0	1.0 cup (NLEA serving)	0.009
08506	Cereals ready-to-eat, RALSTON Corn Flakes	28.0	1.0 cup (1 NLEA serving)	0.010
08025	Cereals ready-to-eat, RALSTON CRISP RICE	33.0	1.25 cup (1 NLEA serving)	0.031
08507	Cereals ready-to-eat, RALSTON Crispy Hexagons	29.0	1.0 cup (1 NLEA serving)	0.019
08504	Cereals ready-to-eat, RALSTON Enriched Wheat Bran flakes	29.0	1.0 serving (NLEA serving size = 0.75 cup)	0.040
08074	Cereals ready-to-eat, RALSTON TASTEEOS	28.0	1.0 cup (1 NLEA serving)	0.041
08156	Cereals ready-to-eat, rice, puffed, fortified	14.0	1.0 cup	0.013
08508	Cereals ready-to-eat, USDA Commodity Corn and Rice (includes all commodity brands)	29.0	1.0 cup	0.019
08509	Cereals ready-to-eat, USDA Commodity Rice Crisps (includes all commodity brands)	28.0	1.0 cup (1 NLEA serving)	0.025
08084	Cereals ready-to-eat, wheat germ, toasted, plain	28.35	1.0 oz	0.113
08157	Cereals ready-to-eat, wheat, puffed, fortified	12.0	1.0 cup	0.027
08161	Cereals, corn grits, white, regular and quick, enriched, cooked with water, with salt	257.0	1.0 cup	0.026
08091	Cereals, corn grits, white, regular and quick, enriched, cooked with water, without salt	257.0	1.0 cup	0.026

NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure
08090	Cereals, corn grits, white, regular and quick, enriched, dry	9.7	1.0 tbsp	0.006
08164	Cereals, corn grits, yellow, regular and quick, enriched, cooked with water, without salt	233.0	1.0 cup	0.023
08159	Cereals, corn grits, yellow, regular and quick, enriched, dry	170.0	1.0 cup	0.105
08160	Cereals, corn grits, yellow, regular and quick, unenriched, dry	9.7	1.0 tbsp	0.006
08165	Cereals, corn grits, yellow, regular, quick, enriched, cooked with water, with salt	233.0	1.0 cup	0.023
08168	Cereals, CREAM OF RICE, cooked with water, with salt	244.0	1.0 cup	0.032
08101	Cereals, CREAM OF RICE, cooked with water, without salt	244.0	1.0 cup	0.032
08100	Cereals, CREAM OF RICE, dry	45.0	0.25 cup (1 NLEA serving)	0.041
08578	Cereals, CREAM OF WHEAT, 1 minute cook time, cooked with water, microwaved, without salt	237.0	1.0 cup	0.064
08577	Cereals, CREAM OF WHEAT, 1 minute cook time, cooked with water, stove-top, without salt	245.0	1.0 cup	0.049
08576	Cereals, CREAM OF WHEAT, 1 minute cook time, dry	33.0	3.0 tablespoon (1 serving)	0.038
08575	Cereals, CREAM OF WHEAT, 2 1/2 minute cook time, cooked with water, microwaved, without salt	231.0	1.0 cup	0.042
08574	Cereals, CREAM OF WHEAT, 2 1/2 minute cook time, cooked with water, stove-top, without salt	244.0	1.0 cup	0.034
08573	Cereals, CREAM OF WHEAT, 2 1/2 minute cook time, dry	33.0	3.0 tablespoon (1 NLEA serving)	0.025
08106	Cereals, CREAM OF WHEAT, instant, dry	11.5	1.0 tbsp	0.017
08107	Cereals, CREAM OF WHEAT, instant, prepared with water, without salt	241.0	1.0 cup	0.060
08169	Cereals, CREAM OF WHEAT, regular (10 minute), cooked with water, with salt	251.0	1.0 cup (1 serving)	0.050
08103	Cereals, CREAM OF WHEAT, regular (10 minute), cooked with water, without salt	251.0	1.0 cup (1 serving)	0.050
08102	Cereals, CREAM OF WHEAT, regular, 10 minute cooking, dry	10.6	1.0 tbsp	0.015
08105	Cereals, farina, enriched, assorted brands including CREAM OF WHEAT, quick (1-3 minutes), cooked with water, without salt	240.0	1.0 cup	0.048
08104	Cereals, farina, enriched, assorted brands including CREAM OF WHEAT, quick (1-3 minutes), dry	11.0	1.0 tbsp	0.012
08173	Cereals, farina, enriched, cooked with water, with salt	233.0	1.0 cup	0.047
08113	Cereals, farina, enriched, cooked with water, without salt	240.0	1.0 cup	0.048
08172	Cereals, farina, unenriched, dry	10.9	1.0 tbsp	0.015
08122	Cereals, oats, instant, fortified, plain, dry	28.0	1.0 packet	0.050
08123	Cereals, oats, instant, fortified, plain, prepared with water (boiling water added or microwaved)	234.0	1.0 cup, cooked	0.094
08120	Cereals, oats, regular and quick, not fortified, dry	81.0	1.0 cup	0.147
08121	Cereals, oats, regular and quick, unenriched, cooked with water (includes boiling and microwaving), without salt	234.0	1.0 cup	0.094
08093	Cereals, QUAKER, corn grits, instant, plain, prepared (microwaved or boiling water added), without salt	219.0	1.0 cup	0.024
11765	Chard, swiss, cooked, boiled, drained, with salt	175.0	1.0 cup, chopped	0.032
11148	Chard, swiss, cooked, boiled, drained, without salt	175.0	1.0 cup, chopped	0.032
11147	Chard, swiss, raw	36.0	1.0 cup	0.006
11766	Chayote, fruit, cooked, boiled, drained, with salt	160.0	1.0 cup (1" pieces)	0.013

NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure
11150	Chayote, fruit, cooked, boiled, drained, without salt	160.0	1.0 cup (1" pieces)	0.013
11149	Chayote, fruit, raw	132.0	1.0 cup (1" pieces)	0.015
01045	Cheese food, cold pack, American	28.35	1.0 oz	0.081
01046	Cheese food, pasteurized process, American, vitamin D fortified	113.0	1.0 cup	0.272
01254	Cheese food, pasteurized process, American, without added vitamin D	113.0	1.0 cup	0.272
01047	Cheese food, pasteurized process, swiss	28.35	1.0 oz	0.090
01164	Cheese sauce, prepared from recipe	30.0	2.0 tbsp	0.037
01048	Cheese spread, pasteurized process, American	140.0	1.0 cup, diced	0.335
01161	Cheese substitute, mozzarella	113.0	1.0 cup, shredded	0.171
01004	Cheese, blue	28.35	1.0 oz	0.088
01005	Cheese, brick	132.0	1.0 cup, diced	0.428
01006	Cheese, brie	28.35	1.0 oz	0.091
01007	Cheese, camembert	28.35	1.0 oz	0.087
01008	Cheese, caraway	28.35	1.0 oz	0.092
01009	Cheese, cheddar	132.0	1.0 cup, diced	0.722
01270	Cheese, cheddar, sharp, sliced	19.0	1.0 slice (2/3 oz)	0.061
01010	Cheese, cheshire	28.35	1.0 oz	0.085
01011	Cheese, colby	132.0	1.0 cup, diced	0.403
01012	Cheese, cottage, creamed, large or small curd	113.0	4.0 oz	0.166
01013	Cheese, cottage, creamed, with fruit	113.0	4.0 oz	0.133
01016	Cheese, cottage, lowfat, 1% milkfat	113.0	4.0 oz	0.156
01015	Cheese, cottage, lowfat, 2% milkfat	113.0	4.0 oz	0.156
01014	Cheese, cottage, nonfat, uncreamed, dry, large or small curd	145.0	1.0 cup (not packed)	0.199
43273	Cheese, cottage, with vegetables	113.0	4.0 oz	0.151
01017	Cheese, cream	14.5	1.0 tbsp	0.010
01186	Cheese, cream, fat free	18.0	1.0 tbsp	0.033
43274	Cheese, cream, low fat	15.0	1.0 tbsp	0.014
01018	Cheese, edam	28.35	1.0 oz	0.100
01019	Cheese, feta	150.0	1.0 cup, crumbled	0.300
01020	Cheese, fontina	132.0	1.0 cup, diced	0.477
01021	Cheese, gjetost	28.35	1.0 oz	0.038
01156	Cheese, goat, hard type	28.35	1.0 oz	0.091
01157	Cheese, goat, semisoft type	28.35	1.0 oz	0.064
01159	Cheese, goat, soft type	28.35	1.0 oz	0.055
01022	Cheese, gouda	28.35	1.0 oz	0.100
01023	Cheese, gruyere	28.35	1.0 oz	0.119



NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure
01024	Cheese, limburger	134.0	1.0 cup	0.387
01168	Cheese, low fat, cheddar or colby	132.0	1.0 cup, diced	0.378
01169	Cheese, low-sodium, cheddar or colby	132.0	1.0 cup, diced	0.378
01251	Cheese, Mexican blend	28.0	0.25 cup shredded	0.099
01165	Cheese, mexican, queso anejo	132.0	1.0 cup, crumbled	0.284
01166	Cheese, mexican, queso asadero	132.0	1.0 cup, diced	0.355
01167	Cheese, mexican, queso chihuahua	132.0	1.0 cup, diced	0.261
01025	Cheese, monterey	132.0	1.0 cup, diced	0.416
01029	Cheese, mozzarella, low moisture, part-skim	132.0	1.0 cup, diced	0.727
01271	Cheese, mozzarella, low moisture, part-skim, shredded	86.0	1.0 cup	0.268
01028	Cheese, mozzarella, part skim milk	28.35	1.0 oz	0.096
01026	Cheese, mozzarella, whole milk	112.0	1.0 cup, shredded	0.577
01027	Cheese, mozzarella, whole milk, low moisture	28.35	1.0 oz	0.086
01030	Cheese, muenster	132.0	1.0 cup, diced	0.432
01031	Cheese, neufchatel	28.35	1.0 oz	0.030
01204	Cheese, parmesan, dry grated, reduced fat	100.0	1.0 cup	0.240
01032	Cheese, parmesan, grated	100.0	1.0 cup	0.383
01033	Cheese, parmesan, hard	28.35	1.0 oz	0.137
01146	Cheese, parmesan, shredded	5.0	1.0 tbsp	0.028
01042	Cheese, pasteurized process, American, fortified with vitamin D	28.35	1.0 oz	0.066
01253	Cheese, pasteurized process, American, without added vitamin D	28.35	1.0 oz	0.066
01043	Cheese, pasteurized process, pimento	140.0	1.0 cup, diced	0.452
01044	Cheese, pasteurized process, swiss	140.0	1.0 cup, diced	0.504
01034	Cheese, port de salut	132.0	1.0 cup, diced	0.453
01035	Cheese, provolone	132.0	1.0 cup, diced	0.455
01208	Cheese, provolone, reduced fat	132.0	1.0 cup, diced	0.455
01037	Cheese, ricotta, part skim milk	124.0	0.5 cup	0.157
01036	Cheese, ricotta, whole milk	124.0	0.5 cup	0.155
01038	Cheese, romano	28.35	1.0 oz	0.122
01039	Cheese, roquefort	28.35	1.0 oz	0.086
01040	Cheese, swiss	132.0	1.0 cup, diced	0.529
01041	Cheese, tilsit	28.35	1.0 oz	0.100
18147	Cheesecake commercially prepared	28.35	1.0 oz	0.018
18148	Cheesecake prepared from mix, no-bake type	28.35	1.0 oz	0.019
07016	Cheesefurter, cheese smokie, pork, beef	100.0	2.33 links	0.150
09062	Cherimoya, raw	160.0	1.0 cup, pieces	0.050

NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure
09070	Cherries, sweet, raw	138.0	1.0 cup, with pits, yields	0.012
05326	Chicken breast tenders, breaded, cooked, microwaved	15.0	1.0 piece	0.030
05327	Chicken breast tenders, breaded, uncooked	15.0	1.0 piece	0.028
07961	Chicken breast, deli, rotisserie seasoned, sliced, prepackaged	12.0	1.0 slice	0.023
07932	Chicken breast, fat-free, mesquite flavor, sliced	42.0	1.0 serving 2 slices	0.077
07933	Chicken breast, oven-roasted, fat-free, sliced	42.0	1.0 serving 2 slices	0.077
05324	Chicken patty, frozen, cooked	60.0	1.0 patty	0.110
05323	Chicken patty, frozen, uncooked	60.0	1.0 patty	0.107
22906	Chicken pot pie, frozen entree, prepared	302.0	1.0 pie	0.214
07018	Chicken spread	56.0	1.0 serving (1 serving)	0.110
22978	Chicken tenders, breaded, frozen, prepared	21.0	1.0 piece	0.031
05746	Chicken, broiler or fryers, breast, skinless, boneless, meat only, cooked, braised	85.0	3.0 oz	0.343
05747	Chicken, broiler or fryers, breast, skinless, boneless, meat only, cooked, grilled	85.0	3.0 oz	0.327
05062	Chicken, broiler or fryers, breast, skinless, boneless, meat only, raw	85.0	3.0 oz	0.241
05748	Chicken, broiler or fryers, breast, skinless, boneless, meat only, with added solution, cooked, braised	85.0	3.0 oz	0.303
05749	Chicken, broiler or fryers, breast, skinless, boneless, meat only, with added solution, cooked, grilled	85.0	3.0 oz	0.316
05357	Chicken, broiler, rotisserie, BBQ, back meat and skin	85.0	3.0 oz	0.149
05693	Chicken, broiler, rotisserie, BBQ, back meat only	85.0	3.0 oz	0.176
05358	Chicken, broiler, rotisserie, BBQ, breast meat and skin	85.0	3.0 oz	0.231
05000	Chicken, broiler, rotisserie, BBQ, breast meat only	85.0	3.0 oz	0.257
05359	Chicken, broiler, rotisserie, BBQ, drumstick meat and skin	71.0	1.0 drumstick	0.163
05319	Chicken, broiler, rotisserie, BBQ, drumstick, meat only	71.0	1.0 drumstick	0.185
05356	Chicken, broiler, rotisserie, BBQ, skin	85.0	1.0 serving	0.060
05361	Chicken, broiler, rotisserie, BBQ, thigh meat and skin	95.0	1.0 thigh	0.164
05334	Chicken, broiler, rotisserie, BBQ, thigh, meat only	95.0	1.0 thigh	0.185
05362	Chicken, broiler, rotisserie, BBQ, wing meat and skin	51.0	1.0 wing	0.105
05339	Chicken, broiler, rotisserie, BBQ, wing, meat only	51.0	1.0 wing	0.146
05049	Chicken, broilers or fryers, back, meat and skin, cooked, fried, batter	72.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.181
05050	Chicken, broilers or fryers, back, meat and skin, cooked, fried, flour	44.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.138
05051	Chicken, broilers or fryers, back, meat and skin, cooked, roasted	32.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.090
05347	Chicken, broilers or fryers, back, meat and skin, cooked, rotisserie, original seasoning	102.0	1.0 back	0.232
05052	Chicken, broilers or fryers, back, meat and skin, cooked, stewed	85.0	3.0 oz	0.205
05048	Chicken, broilers or fryers, back, meat and skin, raw	59.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.089
05054	Chicken, broilers or fryers, back, meat only, cooked, fried	35.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.123
05055	Chicken, broilers or fryers, back, meat only, cooked, roasted	24.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.079
05341	Chicken, broilers or fryers, back, meat only, cooked, rotisserie, original seasoning	85.0	1.0 serving (3 oz)	0.230

NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure
05056	Chicken, broilers or fryers, back, meat only, cooked, stewed	26.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.077
05053	Chicken, broilers or fryers, back, meat only, raw	31.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.071
05058	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, batter	84.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.239
05059	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, flour	59.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.215
05060	Chicken, broilers or fryers, breast, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	0.476
05348	Chicken, broilers or fryers, breast, meat and skin, cooked, rotisserie, original seasoning	85.0	1.0 serving (3 oz)	0.270
05061	Chicken, broilers or fryers, breast, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	0.437
05057	Chicken, broilers or fryers, breast, meat and skin, raw	87.0	0.5 breast, bone removed (yield from 1 lb ready-to-cook chicken)	0.206
05063	Chicken, broilers or fryers, breast, meat only, cooked, fried	52.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.203
05064	Chicken, broilers or fryers, breast, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	0.507
05342	Chicken, broilers or fryers, breast, meat only, cooked, rotisserie, original seasoning	85.0	3.0 oz	0.266
05065	Chicken, broilers or fryers, breast, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	0.475
05314	Chicken, broilers or fryers, breast, skinless, boneless, meat only, with added solution, raw	85.0	3.0 oz	0.212
05676	Chicken, broilers or fryers, dark meat, drumstick, meat and skin, cooked, braised	95.0	1.0 drumstick without skin	0.232
05671	Chicken, broilers or fryers, dark meat, drumstick, meat only, cooked, braised	95.0	1.0 drumstick without skin	0.256
05073	Chicken, broilers or fryers, dark meat, drumstick, meat only, cooked, roasted	96.0	1.0 drumstick without skin	0.262
05071	Chicken, broilers or fryers, dark meat, drumstick, meat only, raw	130.0	1.0 drumstick with skin	0.285
05035	Chicken, broilers or fryers, dark meat, meat and skin, cooked, fried, batter	85.0	3.0 oz	0.212
05036	Chicken, broilers or fryers, dark meat, meat and skin, cooked, fried, flour	110.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.339
05037	Chicken, broilers or fryers, dark meat, meat and skin, cooked, roasted	101.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.292
05038	Chicken, broilers or fryers, dark meat, meat and skin, cooked, stewed	110.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.287
05034	Chicken, broilers or fryers, dark meat, meat and skin, raw	85.0	3.0 oz	0.157
05044	Chicken, broilers or fryers, dark meat, meat only, cooked, fried	140.0	1.0 cup	0.476
05045	Chicken, broilers or fryers, dark meat, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	0.448
05046	Chicken, broilers or fryers, dark meat, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	0.424
05043	Chicken, broilers or fryers, dark meat, meat only, raw	109.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.256
05677	Chicken, broilers or fryers, dark meat, thigh, meat and skin, cooked, braised	111.0	1.0 thigh without skin	0.216
05672	Chicken, broilers or fryers, dark meat, thigh, meat only, cooked, braised	111.0	1.0 thigh without skin	0.250
05096	Chicken, broilers or fryers, dark meat, thigh, meat only, raw	149.0	1.0 thigh without skin	0.331
05067	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, batter	43.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.108
05068	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, flour	29.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.089
05069	Chicken, broilers or fryers, drumstick, meat and skin, cooked, roasted	105.0	1.0 drumstick with skin (yield from 1 lb ready-to-cook chicken)	0.264
05349	Chicken, broilers or fryers, drumstick, meat and skin, cooked, rotisserie, original seasoning	53.0	1.0 drumstick	0.129
05070	Chicken, broilers or fryers, drumstick, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	0.400

NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure
05066	Chicken, broilers or fryers, drumstick, meat and skin, raw	133.0	1.0 drumstick with skin	0.261
05072	Chicken, broilers or fryers, drumstick, meat only, cooked, fried	25.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.084
05343	Chicken, broilers or fryers, drumstick, meat only, cooked, rotisserie, original seasoning	53.0	1.0 drumstick	0.143
05074	Chicken, broilers or fryers, drumstick, meat only, cooked, stewed	85.0	3.0 oz	0.273
05021	Chicken, broilers or fryers, giblets, cooked, fried	145.0	1.0 cup, chopped or diced	0.541
05022	Chicken, broilers or fryers, giblets, cooked, simmered	145.0	1.0 cup chopped or dice	0.158
05020	Chicken, broilers or fryers, giblets, raw	23.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.047
05076	Chicken, broilers or fryers, leg, meat and skin, cooked, fried, batter	95.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.238
05077	Chicken, broilers or fryers, leg, meat and skin, cooked, fried, flour	67.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.204
05078	Chicken, broilers or fryers, leg, meat and skin, cooked, roasted	85.0	3.0 oz	0.230
05079	Chicken, broilers or fryers, leg, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	0.379
05075	Chicken, broilers or fryers, leg, meat and skin, raw	85.0	3.0 oz	0.145
05081	Chicken, broilers or fryers, leg, meat only, cooked, fried	56.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.186
05082	Chicken, broilers or fryers, leg, meat only, cooked, roasted	85.0	3.0 oz	0.233
05083	Chicken, broilers or fryers, leg, meat only, cooked, stewed	85.0	3.0 oz	0.261
05080	Chicken, broilers or fryers, leg, meat only, raw	85.0	3.0 oz	0.184
05030	Chicken, broilers or fryers, light meat, meat and skin, cooked, fried, batter	113.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.303
05031	Chicken, broilers or fryers, light meat, meat and skin, cooked, fried, flour	78.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.268
05032	Chicken, broilers or fryers, light meat, meat and skin, cooked, roasted	79.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.258
05033	Chicken, broilers or fryers, light meat, meat and skin, cooked, stewed	90.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.265
05029	Chicken, broilers or fryers, light meat, meat and skin, raw	116.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.263
05040	Chicken, broilers or fryers, light meat, meat only, cooked, fried	140.0	1.0 cup	0.536
05041	Chicken, broilers or fryers, light meat, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	0.505
05042	Chicken, broilers or fryers, light meat, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	0.472
05039	Chicken, broilers or fryers, light meat, meat only, raw	88.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.238
05002	Chicken, broilers or fryers, meat and skin and giblets and neck, cooked, fried, batter	85.0	3.0 oz	0.221
05003	Chicken, broilers or fryers, meat and skin and giblets and neck, cooked, fried, flour	85.0	3.0 oz	0.275
05001	Chicken, broilers or fryers, meat and skin and giblets and neck, raw	85.0	3.0 oz	0.173
05004	Chicken, broilers or fryers, meat and skin and giblets and neck, roasted	85.0	3.0 oz	0.253
05005	Chicken, broilers or fryers, meat and skin and giblets and neck, stewed	85.0	3.0 oz	0.232
05007	Chicken, broilers or fryers, meat and skin, cooked, fried, batter	85.0	3.0 oz	0.218
05008	Chicken, broilers or fryers, meat and skin, cooked, fried, flour	85.0	3.0 oz	0.275
05009	Chicken, broilers or fryers, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	0.427
05010	Chicken, broilers or fryers, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	0.386
05006	Chicken, broilers or fryers, meat and skin, raw	85.0	3.0 oz	0.176
05012	Chicken, broilers or fryers, meat only, cooked, fried	140.0	1.0 cup, chopped or diced	0.501

NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure
05011	Chicken, broilers or fryers, meat only, raw	85.0	3.0 oz	0.212
05013	Chicken, broilers or fryers, meat only, roasted	140.0	1.0 cup, chopped or diced	0.473
05014	Chicken, broilers or fryers, meat only, stewed	140.0	1.0 cup, chopped or diced	0.447
05087	Chicken, broilers or fryers, neck, meat and skin, cooked simmered	11.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.022
05085	Chicken, broilers or fryers, neck, meat and skin, cooked, fried, batter	16.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.034
05086	Chicken, broilers or fryers, neck, meat and skin, cooked, fried, flour	11.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.028
05084	Chicken, broilers or fryers, neck, meat and skin, raw	15.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.021
05089	Chicken, broilers or fryers, neck, meat only, cooked, fried	7.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.022
05090	Chicken, broilers or fryers, neck, meat only, cooked, simmered	5.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.014
05088	Chicken, broilers or fryers, neck, meat only, raw	6.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.012
05047	Chicken, broilers or fryers, separable fat, raw	12.8	1.0 tbsp	0.004
05016	Chicken, broilers or fryers, skin only, cooked, fried, batter	114.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.121
05017	Chicken, broilers or fryers, skin only, cooked, fried, flour	33.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.053
05018	Chicken, broilers or fryers, skin only, cooked, roasted	34.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.055
05344	Chicken, broilers or fryers, skin only, cooked, rotisserie, original seasoning	28.35	1.0 oz	0.031
05019	Chicken, broilers or fryers, skin only, cooked, stewed	44.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.054
05015	Chicken, broilers or fryers, skin only, raw	47.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.050
05092	Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, batter	52.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.129
05093	Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, flour	38.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.115
05094	Chicken, broilers or fryers, thigh, meat and skin, cooked, roasted	137.0	1.0 thigh with skin	0.333
05351	Chicken, broilers or fryers, thigh, meat and skin, cooked, rotisserie, original seasoning	89.0	1.0 thigh	0.180
05095	Chicken, broilers or fryers, thigh, meat and skin, cooked, stewed	41.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.107
05091	Chicken, broilers or fryers, thigh, meat and skin, raw	193.0	1.0 thigh with skin	0.322
05097	Chicken, broilers or fryers, thigh, meat only, cooked, fried	31.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.102
05098	Chicken, broilers or fryers, thigh, meat only, cooked, roasted	116.0	1.0 thigh without skin	0.324
05345	Chicken, broilers or fryers, thigh, meat only, cooked, rotisserie, original seasoning	89.0	1.0 thigh	0.197
05099	Chicken, broilers or fryers, thigh, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	0.409
05101	Chicken, broilers or fryers, wing, meat and skin, cooked, fried, batter	29.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.064
05102	Chicken, broilers or fryers, wing, meat and skin, cooked, fried, flour	19.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.053
05103	Chicken, broilers or fryers, wing, meat and skin, cooked, roasted	85.0	1.0 piece	0.255
05352	Chicken, broilers or fryers, wing, meat and skin, cooked, rotisserie, original seasoning	53.0	1.0 wing	0.125
05104	Chicken, broilers or fryers, wing, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	0.343
05100	Chicken, broilers or fryers, wing, meat and skin, raw	107.0	1.0 piece	0.236
05106	Chicken, broilers or fryers, wing, meat only, cooked, fried	12.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.042
05107	Chicken, broilers or fryers, wing, meat only, cooked, roasted	13.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.046
05346	Chicken, broilers or fryers, wing, meat only, cooked, rotisserie, original seasoning	53.0	1.0 wing	0.158

NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure
05108	Chicken, broilers or fryers, wing, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	0.444
05105	Chicken, broilers or fryers, wing, meat only, raw	17.0	1.0 wing, bone and skin removed (yield from 1 lb ready-to-cook chicken)	0.044
05277	Chicken, canned, meat only, with broth	142.0	1.0 can (5 oz)	0.345
05138	Chicken, capons, giblets, cooked, simmered	145.0	1.0 cup, chopped or diced	0.454
05137	Chicken, capons, giblets, raw	115.0	1.0 giblets	0.250
05134	Chicken, capons, meat and skin and giblets and neck, cooked, roasted	85.0	3.0 oz	0.270
05133	Chicken, capons, meat and skin and giblets and neck, raw	85.0	3.0 oz	0.178
05136	Chicken, capons, meat and skin, cooked, roasted	85.0	3.0 oz	0.276
05135	Chicken, capons, meat and skin, raw	85.0	3.0 oz	0.181
05308	Chicken, cornish game hens, meat and skin, cooked, roasted	85.0	3.0 oz	0.210
05307	Chicken, cornish game hens, meat and skin, raw	85.0	3.0 oz	0.161
05310	Chicken, cornish game hens, meat only, cooked, roasted	85.0	3.0 oz	0.231
05309	Chicken, cornish game hens, meat only, raw	85.0	3.0 oz	0.199
05687	Chicken, dark meat, drumstick, meat and skin, with added solution, cooked, braised	106.0	1.0 drumstick with skin	0.247
05689	Chicken, dark meat, drumstick, meat and skin, with added solution, cooked, roasted	129.0	1.0 drumstick with skin	0.324
05688	Chicken, dark meat, drumstick, meat and skin, with added solution, raw	143.0	1.0 drumstick with skin	0.253
05680	Chicken, dark meat, drumstick, meat only, with added solution, cooked, braised	95.0	1.0 drumstick without skin	0.246
05679	Chicken, dark meat, drumstick, meat only, with added solution, cooked, roasted	91.0	1.0 drumstick without skin	0.260
05678	Chicken, dark meat, drumstick, meat only, with added solution, raw	143.0	1.0 drumstick with skin	0.283
05690	Chicken, dark meat, thigh, meat and skin, with added solution, cooked, braised	85.0	3.0 oz	0.184
05692	Chicken, dark meat, thigh, meat and skin, with added solution, cooked, roasted	130.0	1.0 thigh with skin	0.281
05691	Chicken, dark meat, thigh, meat and skin, with added solution, raw	85.0	3.0 oz	0.135
05681	Chicken, dark meat, thigh, meat only, with added solution, cooked, braised	85.0	3.0 oz	0.221
05683	Chicken, dark meat, thigh, meat only, with added solution, cooked, roasted	130.0	1.0 thigh with skin	0.348
05682	Chicken, dark meat, thigh, meat only, with added solution, raw	85.0	3.0 oz	0.177
05333	Chicken, ground, crumbles, cooked, pan-browned	85.0	3.0 oz crumbled	0.167
05332	Chicken, ground, raw	112.0	4.0 oz crumbled	0.165
05026	Chicken, heart, all classes, cooked, simmered	145.0	1.0 cup, chopped or diced	0.490
05025	Chicken, heart, all classes, raw	6.1	1.0 heart	0.012
05661	Chicken, liver, all classes, cooked, pan-fried	44.0	1.0 liver	0.115
05028	Chicken, liver, all classes, cooked, simmered	44.0	1.0 liver	0.109
05027	Chicken, liver, all classes, raw	44.0	1.0 liver	0.077
05120	Chicken, roasting, dark meat, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	0.381
05119	Chicken, roasting, dark meat, meat only, raw	113.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.247
05116	Chicken, roasting, giblets, cooked, simmered	145.0	1.0 cup, chopped or diced	0.428

NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure
05115	Chicken, roasting, giblets, raw	25.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.050
05118	Chicken, roasting, light meat, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	0.444
05117	Chicken, roasting, light meat, meat only, raw	99.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.256
05110	Chicken, roasting, meat and skin and giblets and neck, cooked, roasted	85.0	3.0 oz	0.225
05109	Chicken, roasting, meat and skin and giblets and neck, raw	85.0	3.0 oz	0.161
05112	Chicken, roasting, meat and skin, cooked, roasted	85.0	3.0 oz	0.226
05114	Chicken, roasting, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	0.409
05113	Chicken, roasting, meat only, raw	85.0	3.0 oz	0.201
05673	Chicken, skin (drumsticks and thighs), cooked, braised	28.35	1.0 oz	0.020
05675	Chicken, skin (drumsticks and thighs), cooked, roasted	28.35	1.0 oz	0.023
05674	Chicken, skin (drumsticks and thighs), raw	28.35	1.0 oz	0.013
05684	Chicken, skin (drumsticks and thighs), with added solution, cooked, braised	28.35	1.0 oz	0.017
05686	Chicken, skin (drumsticks and thighs), with added solution, cooked, roasted	28.35	1.0 oz	0.028
05685	Chicken, skin (drumsticks and thighs), with added solution, raw	28.35	1.0 oz	0.016
05132	Chicken, stewing, dark meat, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	0.461
05131	Chicken, stewing, dark meat, meat only, raw	105.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.242
05128	Chicken, stewing, giblets, cooked, simmered	145.0	1.0 cup, chopped or diced	0.422
05127	Chicken, stewing, giblets, raw	28.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.057
05130	Chicken, stewing, light meat, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	0.540
05129	Chicken, stewing, light meat, meat only, raw	89.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.240
05122	Chicken, stewing, meat and skin, and giblets and neck, cooked, stewed	85.0	3.0 oz	0.223
05121	Chicken, stewing, meat and skin, and giblets and neck, raw	85.0	3.0 oz	0.166
05124	Chicken, stewing, meat and skin, cooked, stewed	85.0	3.0 oz	0.256
05123	Chicken, stewing, meat and skin, raw	85.0	3.0 oz	0.167
05126	Chicken, stewing, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	0.498
05125	Chicken, stewing, meat only, raw	85.0	3.0 oz	0.211
05312	Chicken, wing, frozen, glazed, barbecue flavored	29.0	1.0 piece	0.052
05320	Chicken, wing, frozen, glazed, barbecue flavored, heated (conventional oven)	96.0	1.0 serving	0.196
05313	Chicken, wing, frozen, glazed, barbecue flavored, heated (microwave)	74.0	1.0 serving	0.172
16358	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, drained solids	253.0	1.0 can drained	0.175
16359	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, drained, rinsed in tap water	254.0	1.0 can drained, rinsed	0.175
16058	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, solids and liquids	240.0	1.0 cup	0.115
16360	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, solids and liquids, low sodium	240.0	1.0 cup	0.115
16357	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, with salt	164.0	1.0 cup	0.139
16057	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt	164.0	1.0 cup	0.139
16056	Chickpeas (garbanzo beans, bengal gram), mature seeds, raw	200.0	1.0 cup	0.400

NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure
11152	Chicory greens, raw	29.0	1.0 cup, chopped	0.009
11151	Chicory, witloof, raw	53.0	1.0 head	0.008
16059	Chili with beans, canned	256.0	1.0 cup	0.177
11615	Chives, freeze-dried	0.2	1.0 tbsp	0.000
11156	Chives, raw	3.0	1.0 tbsp chopped	0.001
07019	Chorizo, pork and beef	28.35	1.0 oz	0.079
18964	Cinnamon buns, frosted (includes honey buns)	65.0	1.0 bun	0.044
19165	Cocoa, dry powder, unsweetened	86.0	1.0 cup	0.252
19166	Cocoa, dry powder, unsweetened, processed with alkali	86.0	1.0 cup	0.233
18103	Coffeecake, cheese	28.35	1.0 oz	0.022
18104	Coffeecake, cinnamon with crumb topping, commercially prepared, enriched	28.35	1.0 oz	0.023
18417	Coffeecake, cinnamon with crumb topping, commercially prepared, unenriched	28.35	1.0 oz	0.023
18107	Coffeecake, cinnamon with crumb topping, dry mix	28.35	1.0 oz	0.016
18108	Coffeecake, cinnamon with crumb topping, dry mix, prepared	28.35	1.0 oz	0.019
18105	Coffeecake, creme-filled with chocolate frosting	28.35	1.0 oz	0.016
18106	Coffeecake, fruit	28.35	1.0 oz	0.016
11768	Collards, cooked, boiled, drained, with salt	190.0	1.0 cup, chopped	0.051
11162	Collards, cooked, boiled, drained, without salt	190.0	1.0 cup, chopped	0.051
11769	Collards, frozen, chopped, cooked, boiled, drained, with salt	170.0	1.0 cup, chopped	0.065
11164	Collards, frozen, chopped, cooked, boiled, drained, without salt	170.0	1.0 cup, chopped	0.065
11163	Collards, frozen, chopped, unprepared	95.0	0.33 package (10 oz)	0.033
11161	Collards, raw	36.0	1.0 cup, chopped	0.011
28293	Cookie, butter or sugar, with chocolate icing or filling	31.0	3.0 cookies	0.016
28294	Cookie, chocolate, with icing or coating	32.0	4.0 cookies	0.018
28289	Cookie, vanilla with caramel, coconut, and chocolate coating	29.0	2.0 cookies	0.008
28290	Cookie, with peanut butter filling, chocolate-coated	25.0	2.0 cookies	0.021
28399	Cookies, animal crackers (includes arrowroot, tea biscuits)	28.35	1.0 oz	0.028
28291	Cookies, animal, with frosting or icing	31.0	8.0 cookies 1 serving	0.013
18151	Cookies, brownies, commercially prepared	28.35	1.0 oz	0.018
18152	Cookies, brownies, dry mix, regular	28.35	1.0 oz	0.016
18196	Cookies, brownies, dry mix, sugar free	28.35	1.0 oz	0.012
18154	Cookies, brownies, prepared from recipe	28.35	1.0 oz	0.022
18155	Cookies, butter, commercially prepared, enriched	28.35	1.0 oz	0.024
18421	Cookies, butter, commercially prepared, unenriched	28.35	1.0 oz	0.024
18159	Cookies, chocolate chip, commercially prepared, regular, higher fat, enriched	12.9	1.0 cookie	0.010
18422	Cookies, chocolate chip, commercially prepared, regular, higher fat, unenriched	28.35	1.0 oz	0.021



NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure
18158	Cookies, chocolate chip, commercially prepared, regular, lower fat	34.0	1.0 serving 3 cookies	0.028
18160	Cookies, chocolate chip, commercially prepared, soft-type	14.2	1.0 cookie	0.007
18198	Cookies, chocolate chip, commercially prepared, special dietary	28.35	1.0 oz	0.016
18161	Cookies, chocolate chip, dry mix	28.35	1.0 oz	0.018
18378	Cookies, chocolate chip, prepared from recipe, made with butter	28.35	1.0 oz	0.020
18165	Cookies, chocolate chip, prepared from recipe, made with margarine	28.35	1.0 oz	0.020
18163	Cookies, chocolate chip, refrigerated dough	33.0	1.0 serving	0.019
18164	Cookies, chocolate chip, refrigerated dough, baked	28.35	1.0 oz	0.019
18166	Cookies, chocolate sandwich, with creme filling, regular	36.0	3.0 cookie	0.032
18167	Cookies, chocolate sandwich, with creme filling, regular, chocolate-coated	28.35	1.0 oz	0.016
18199	Cookies, chocolate sandwich, with creme filling, special dietary	28.35	1.0 oz	0.019
18157	Cookies, chocolate wafers	28.35	1.0 oz	0.027
18170	Cookies, fig bars	28.35	1.0 oz	0.013
18171	Cookies, fortune	28.35	1.0 oz	0.017
18156	Cookies, fudge, cake-type (includes trolley cakes)	28.35	1.0 oz	0.016
18172	Cookies, gingersnaps	28.35	1.0 oz	0.023
18174	Cookies, graham crackers, chocolate-coated	27.0	3.0 pieces	0.013
18175	Cookies, ladyfingers, with lemon juice and rind	28.35	1.0 oz	0.038
18423	Cookies, ladyfingers, without lemon juice and rind	28.35	1.0 oz	0.038
18176	Cookies, marshmallow, chocolate-coated (includes marshmallow pies)	28.35	1.0 oz	0.010
18177	Cookies, molasses	28.35	1.0 oz	0.023
18178	Cookies, oatmeal, commercially prepared, regular	28.35	1.0 oz	0.028
18179	Cookies, oatmeal, commercially prepared, soft-type	28.35	1.0 oz	0.027
18200	Cookies, oatmeal, commercially prepared, special dietary	28.35	1.0 oz	0.022
18180	Cookies, oatmeal, dry mix	28.35	1.0 oz	0.032
18184	Cookies, oatmeal, prepared from recipe, with raisins	28.35	1.0 oz	0.023
18377	Cookies, oatmeal, prepared from recipe, without raisins	28.35	1.0 oz	0.025
18182	Cookies, oatmeal, refrigerated dough	28.35	1.0 oz	0.025
18183	Cookies, oatmeal, refrigerated dough, baked	28.35	1.0 oz	0.028
18190	Cookies, peanut butter sandwich, regular	28.35	1.0 oz	0.031
18201	Cookies, peanut butter sandwich, special dietary	28.35	1.0 oz	0.031
18185	Cookies, peanut butter, commercially prepared, regular	28.35	1.0 oz	0.031
18186	Cookies, peanut butter, commercially prepared, soft-type	28.35	1.0 oz	0.018
18189	Cookies, peanut butter, prepared from recipe	28.35	1.0 oz	0.028
18187	Cookies, peanut butter, refrigerated dough	28.35	1.0 oz	0.028
18188	Cookies, peanut butter, refrigerated dough, baked	28.35	1.0 oz	0.031

NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure
18191	Cookies, raisin, soft-type	28.35	1.0 oz	0.015
18193	Cookies, shortbread, commercially prepared, pecan	28.35	1.0 oz	0.023
18202	Cookies, sugar wafer, with creme filling, sugar free	28.35	1.0 oz	0.012
18209	Cookies, sugar wafers with creme filling, regular	36.0	3.0 cookies	0.018
18204	Cookies, sugar, commercially prepared, regular (includes vanilla)	28.35	1.0 oz	0.020
18208	Cookies, sugar, prepared from recipe, made with margarine	28.35	1.0 oz	0.021
18205	Cookies, sugar, refrigerated dough	33.0	1.0 serving	0.019
18206	Cookies, sugar, refrigerated dough, baked	28.35	1.0 oz	0.019
18210	Cookies, vanilla sandwich with creme filling	28.35	1.0 oz	0.018
18213	Cookies, vanilla wafers, higher fat	30.0	8.0 wafers	0.012
18212	Cookies, vanilla wafers, lower fat	28.35	1.0 oz	0.019
22973	Corn dogs, frozen, prepared	78.0	1.0 corndog	0.069
20017	Corn flour, masa, enriched, white	114.0	1.0 cup	0.071
20019	Corn flour, masa, unenriched, white	114.0	1.0 cup	0.071
20316	Corn flour, whole-grain, white	117.0	1.0 cup	0.057
20016	Corn flour, whole-grain, yellow	117.0	1.0 cup	0.057
20317	Corn flour, yellow, masa, enriched	114.0	1.0 cup	0.071
20314	Corn grain, white	166.0	1.0 cup	0.111
20014	Corn grain, yellow	166.0	1.0 cup	0.111
11656	Corn pudding, home prepared	250.0	1.0 cup	0.148
11184	Corn with red and green peppers, canned, solids and liquids	227.0	1.0 cup	0.039
35183	Corn, dried, yellow (Northern Plains Indians)	28.35	1.0 oz	0.027
11907	Corn, sweet, white, canned, cream style, no salt added	256.0	1.0 cup	0.031
11906	Corn, sweet, white, canned, cream style, regular pack	256.0	1.0 cup	0.031
11909	Corn, sweet, white, canned, vacuum pack, no salt added	210.0	1.0 cup	0.036
11908	Corn, sweet, white, canned, vacuum pack, regular pack	210.0	1.0 cup	0.036
11905	Corn, sweet, white, canned, whole kernel, drained solids	164.0	1.0 cup	0.034
11904	Corn, sweet, white, canned, whole kernel, no salt added, solids and liquids	256.0	1.0 cup	0.036
11903	Corn, sweet, white, canned, whole kernel, regular pack, solids and liquids	256.0	1.0 cup	0.036
11902	Corn, sweet, white, cooked, boiled, drained, with salt	89.0	1.0 ear, small (5-1/2" to 6-1/2" long)	0.020
11901	Corn, sweet, white, cooked, boiled, drained, without salt	89.0	1.0 ear, small (5-1/2" to 6-1/2" long)	0.020
11912	Corn, sweet, white, frozen, kernels cut off cob, boiled, drained, with salt	165.0	1.0 cup	0.054
11911	Corn, sweet, white, frozen, kernels cut off cob, boiled, drained, without salt	165.0	1.0 cup	0.054
11910	Corn, sweet, white, frozen, kernels cut off cob, unprepared	165.0	1.0 cup	0.035
11915	Corn, sweet, white, frozen, kernels on cob, cooked, boiled, drained, with salt	165.0	1.0 cup kernels	0.036
11914	Corn, sweet, white, frozen, kernels on cob, cooked, boiled, drained, without salt	165.0	1.0 cup kernels	0.036

NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure
11913	Corn, sweet, white, frozen, kernels on cob, unprepared	165.0	1.0 cup kernels	0.038
11900	Corn, sweet, white, raw	73.0	1.0 ear, small (5-1/2" to 6-1/2" long)	0.017
11170	Corn, sweet, yellow, canned, brine pack, regular pack, solids and liquids	256.0	1.0 cup	0.036
11772	Corn, sweet, yellow, canned, cream style, no salt added	256.0	1.0 cup	0.031
11174	Corn, sweet, yellow, canned, cream style, regular pack	256.0	1.0 cup	0.031
11177	Corn, sweet, yellow, canned, drained solids, rinsed with tap water	150.0	1.0 cup drained, rinsed	0.030
11771	Corn, sweet, yellow, canned, no salt added, solids and liquids	256.0	1.0 cup	0.038
11773	Corn, sweet, yellow, canned, vacuum pack, no salt added	210.0	1.0 cup	0.036
11176	Corn, sweet, yellow, canned, vacuum pack, regular pack	210.0	1.0 cup	0.036
11172	Corn, sweet, yellow, canned, whole kernel, drained solids	164.0	1.0 cup	0.034
11770	Corn, sweet, yellow, cooked, boiled, drained, with salt	89.0	1.0 ear small (5-1/2" to 6-1/2" long)	0.020
11168	Corn, sweet, yellow, cooked, boiled, drained, without salt	89.0	1.0 ear small (5-1/2" to 6-1/2" long)	0.020
11179	Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt	165.0	1.0 cup	0.051
11178	Corn, sweet, yellow, frozen, kernels cut off cob, unprepared	136.0	1.0 cup	0.037
11775	Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, with salt	165.0	1.0 cup kernels	0.036
11181	Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt	165.0	1.0 cup kernels	0.036
11180	Corn, sweet, yellow, frozen, kernels on cob, unprepared	165.0	1.0 cup kernels	0.038
11774	Corn, sweet, yellow, frozen, kernels, cut off cob, boiled, drained, with salt	165.0	1.0 cup	0.051
11167	Corn, sweet, yellow, raw	145.0	1.0 cup	0.033
11182	Corn, yellow, whole kernel, frozen, microwaved	141.0	1.0 cup	0.047
07020	Corned beef loaf, jellied	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	0.046
20322	Cornmeal, degermed, enriched, white	157.0	1.0 cup	0.060
20022	Cornmeal, degermed, enriched, yellow	157.0	1.0 cup	0.060
20522	Cornmeal, degermed, unenriched, white	157.0	1.0 cup	0.060
20422	Cornmeal, degermed, unenriched, yellow	157.0	1.0 cup	0.060
20323	Cornmeal, white, self-rising, bolted, plain, enriched	122.0	1.0 cup	0.071
20324	Cornmeal, white, self-rising, bolted, with wheat flour added, enriched	170.0	1.0 cup	0.110
20320	Cornmeal, whole-grain, white	122.0	1.0 cup	0.070
20020	Cornmeal, whole-grain, yellow	122.0	1.0 cup	0.070
20023	Cornmeal, yellow, self-rising, bolted, plain, enriched	122.0	1.0 cup	0.071
20024	Cornmeal, yellow, self-rising, bolted, with wheat flour added, enriched	170.0	1.0 cup	0.110
11190	Cornsalad, raw	56.0	1.0 cup	0.015
20027	Cornstarch	128.0	1.0 cup	0.001
20029	Couscous, cooked	157.0	1.0 cup, cooked	0.077
20028	Couscous, dry	173.0	1.0 cup	0.282
11777	Cowpeas (blackeyes), immature seeds, cooked, boiled, drained, with salt	165.0	1.0 cup	0.061

NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure
11192	Cowpeas (blackeyes), immature seeds, cooked, boiled, drained, without salt	165.0	1.0 cup	0.061
11778	Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, with salt	170.0	1.0 cup	0.167
11196	Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt	170.0	1.0 cup	0.167
11195	Cowpeas (blackeyes), immature seeds, frozen, unprepared	160.0	1.0 cup	0.165
11191	Cowpeas (blackeyes), immature seeds, raw	145.0	1.0 cup	0.049
16361	Cowpeas, catjang, mature seeds, cooked, boiled, with salt	171.0	1.0 cup	0.171
16061	Cowpeas, catjang, mature seeds, cooked, boiled, without salt	171.0	1.0 cup	0.171
16060	Cowpeas, catjang, mature seeds, raw	167.0	1.0 cup	0.491
16065	Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned with pork	240.0	1.0 cup	0.082
16064	Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned, plain	240.0	1.0 cup	0.139
16363	Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, with salt	171.0	1.0 cup	0.162
16063	Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt	171.0	1.0 cup	0.162
16062	Cowpeas, common (blackeyes, crowder, southern), mature seeds, raw	167.0	1.0 cup	0.484
09077	Crabapples, raw	110.0	1.0 cup slices	0.004
36024	CRACKER BARREL, chicken tenderloin platter, fried	175.0	1.0 serving	0.332
36604	CRACKER BARREL, chicken tenderloin platter, fried, from kid's menu	103.0	1.0 serving	0.212
36025	CRACKER BARREL, coleslaw	167.0	1.0 serving	0.017
36605	CRACKER BARREL, country fried shrimp platter	149.0	1.0 serving	0.221
36606	CRACKER BARREL, farm raised catfish platter	178.0	1.0 serving	0.445
36608	CRACKER BARREL, grilled sirloin steak	151.0	1.0 steak	0.619
36040	CRACKER BARREL, macaroni n' cheese	175.0	1.0 serving	0.123
36609	CRACKER BARREL, macaroni n' cheese plate, from kid's menu	257.0	1.0 serving	0.218
36026	CRACKER BARREL, onion rings, thick-cut	261.0	1.0 serving	0.130
36607	CRACKER BARREL, steak fries	198.0	1.0 serving	0.079
18236	Cracker meal	28.35	1.0 oz	0.030
18434	Crackers, cheese, low sodium	14.2	0.5 oz	0.018
18965	Crackers, cheese, reduced fat	30.0	1.0 serving	0.032
18214	Crackers, cheese, regular	14.2	0.5 oz	0.018
18927	Crackers, cheese, sandwich-type with cheese filling	39.0	6.0 cracker 1 cracker = 6.5g	0.043
18215	Crackers, cheese, sandwich-type with peanut butter filling	14.2	0.5 oz	0.019
18216	Crackers, crispbread, rye	14.2	0.5 oz	0.013
18218	Crackers, matzo, egg	14.2	0.5 oz	0.021
18400	Crackers, matzo, egg and onion	14.2	0.5 oz	0.017
18217	Crackers, matzo, plain	14.2	0.5 oz	0.016
18219	Crackers, matzo, whole-wheat	14.2	0.5 oz	0.029
18220	Crackers, melba toast, plain	14.2	0.5 oz	0.020

NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure
18424	Crackers, melba toast, plain, without salt	14.2	0.5 oz	0.020
18221	Crackers, melba toast, rye (includes pumpernickel)	14.2	0.5 oz	0.019
18222	Crackers, melba toast, wheat	14.2	0.5 oz	0.024
18223	Crackers, milk	14.2	0.5 oz	0.014
28292	Crackers, multigrain	14.0	4.0 crackers	0.012
18224	Crackers, rusk toast	14.2	0.5 oz	0.024
18225	Crackers, rye, sandwich-type with cheese filling	14.2	0.5 oz	0.016
18228	Crackers, saltines (includes oyster, soda, soup)	14.9	5.0 crackers	0.017
18457	Crackers, saltines, fat-free, low-sodium	15.0	3.0 saltines	0.021
18425	Crackers, saltines, low salt (includes oyster, soda, soup)	14.2	0.5 oz	0.017
18426	Crackers, saltines, unsalted tops (includes oyster, soda, soup)	14.2	0.5 oz	0.017
18229	Crackers, standard snack-type, regular	16.0	5.0 crackers	0.013
18427	Crackers, standard snack-type, regular, low salt	14.2	0.5 oz	0.013
18230	Crackers, standard snack-type, sandwich, with cheese filling	14.2	0.5 oz	0.017
18231	Crackers, standard snack-type, sandwich, with peanut butter filling	14.2	0.5 oz	0.018
18428	Crackers, wheat, low salt	14.2	0.5 oz	0.018
18950	Crackers, wheat, reduced fat	29.0	1.0 serving	0.032
18232	Crackers, wheat, regular	34.0	16.0 crackers 1 serving	0.036
18233	Crackers, wheat, sandwich, with cheese filling	14.2	0.5 oz	0.018
18234	Crackers, wheat, sandwich, with peanut butter filling	14.2	0.5 oz	0.023
18235	Crackers, whole-wheat	28.0	1.0 serving	0.039
18429	Crackers, whole-wheat, low salt	14.2	0.5 oz	0.019
18949	Crackers, whole-wheat, reduced fat	29.0	1.0 serving	0.047
09078	Cranberries, raw	110.0	1.0 cup, chopped	0.003
14243	Cranberry juice cocktail, bottled, low calorie, with calcium, saccharin and corn sweetener	29.6	1.0 fl oz	0.000
18237	Cream puff shell, prepared from recipe	28.35	1.0 oz	0.031
01205	Cream substitute, flavored, liquid	15.0	1.0 tbsp	0.002
01206	Cream substitute, flavored, powdered	12.0	4.0 tsp	0.001
01067	Cream substitute, liquid, with hydrogenated vegetable oil and soy protein	15.0	1.0 container, individual	0.002
01068	Cream substitute, liquid, with lauric acid oil and sodium caseinate	15.0	1.0 container, individual	0.002
01069	Cream substitute, powdered	94.0	1.0 cup	0.062
01049	Cream, fluid, half and half	30.2	1.0 fl oz	0.022
01053	Cream, fluid, heavy whipping	120.0	1.0 cup, whipped	0.079
01050	Cream, fluid, light (coffee cream or table cream)	30.0	1.0 fl oz	0.021
01052	Cream, fluid, light whipping	120.0	1.0 cup, whipped	0.037
01056	Cream, sour, cultured	12.0	1.0 tbsp	0.005

NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure
01055	Cream, sour, reduced fat, cultured	15.0	1.0 tbsp	0.006
01054	Cream, whipped, cream topping, pressurized	60.0	1.0 cup	0.027
18240	Croissants, apple	28.35	1.0 oz	0.024
18239	Croissants, butter	28.35	1.0 oz	0.028
18241	Croissants, cheese	28.35	1.0 oz	0.031
18242	Croutons, plain	14.2	0.5 oz	0.020
18243	Croutons, seasoned	14.2	0.5 oz	0.018
15137	Crustaceans, crab, alaska king, cooked, moist heat	134.0	1.0 leg	0.360
15138	Crustaceans, crab, alaska king, imitation, made from surimi	85.0	3.0 oz	0.064
15136	Crustaceans, crab, alaska king, raw	85.0	3.0 oz	0.217
15141	Crustaceans, crab, blue, canned	135.0	1.0 cup	0.305
15140	Crustaceans, crab, blue, cooked, moist heat	118.0	1.0 cup, flaked and pieces	0.267
15142	Crustaceans, crab, blue, crab cakes, home recipe	60.0	1.0 cake	0.169
15139	Crustaceans, crab, blue, raw	85.0	3.0 oz	0.213
15226	Crustaceans, crab, dungeness, cooked, moist heat	85.0	3.0 oz	0.264
15143	Crustaceans, crab, dungeness, raw	85.0	3.0 oz	0.206
15227	Crustaceans, crab, queen, cooked, moist heat	85.0	3.0 oz	0.280
15144	Crustaceans, crab, queen, raw	85.0	3.0 oz	0.219
15243	Crustaceans, crayfish, mixed species, farmed, cooked, moist heat	85.0	3.0 oz	0.207
15242	Crustaceans, crayfish, mixed species, farmed, raw	85.0	3.0 oz	0.176
15146	Crustaceans, crayfish, mixed species, wild, cooked, moist heat	85.0	3.0 oz	0.199
15145	Crustaceans, crayfish, mixed species, wild, raw	85.0	3.0 oz	0.189
15148	Crustaceans, lobster, northern, cooked, moist heat	145.0	1.0 cup	0.360
15147	Crustaceans, lobster, northern, raw	150.0	1.0 lobster	0.322
15152	Crustaceans, shrimp, mixed species, canned	128.0	1.0 cup	0.238
15150	Crustaceans, shrimp, mixed species, cooked, breaded and fried	85.0	3.0 oz	0.254
15151	Crustaceans, shrimp, mixed species, cooked, moist heat (may have been previously frozen)	85.0	3.0 oz	0.221
15153	Crustaceans, shrimp, mixed species, imitation, made from surimi	85.0	3.0 oz	0.064
15149	Crustaceans, shrimp, mixed species, raw (may have been previously frozen)	6.0	1.0 medium	0.009
15228	Crustaceans, spiny lobster, mixed species, cooked, moist heat	85.0	3.0 oz	0.313
15154	Crustaceans, spiny lobster, mixed species, raw	85.0	3.0 oz	0.244
11206	Cucumber, peeled, raw	133.0	1.0 cup, pared, chopped	0.009
11205	Cucumber, with peel, raw	52.0	0.5 cup slices	0.003
18245	Danish pastry, cheese	28.35	1.0 oz	0.025
18244	Danish pastry, cinnamon, enriched	28.35	1.0 oz	0.024
18430	Danish pastry, cinnamon, unenriched	28.35	1.0 oz	0.024

NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure
18246	Danish pastry, fruit, enriched (includes apple, cinnamon, raisin, lemon, raspberry, strawberry)	28.35	1.0 oz	0.018
18431	Danish pastry, fruit, unenriched (includes apple, cinnamon, raisin, strawberry)	28.35	1.0 oz	0.018
18433	Danish pastry, lemon, unenriched	28.35	1.0 oz	0.018
18247	Danish pastry, nut (includes almond, raisin nut, cinnamon nut)	28.35	1.0 oz	0.025
18435	Danish pastry, raspberry, unenriched	28.35	1.0 oz	0.018
09087	Dates, deglet noor	147.0	1.0 cup, chopped	0.018
09421	Dates, medjool	24.0	1.0 date, pitted	0.002
36027	DENNY'S, chicken strips	194.0	1.0 serving	0.407
36028	DENNY'S, coleslaw	91.0	1.0 serving	0.009
36029	DENNY'S, fish fillet, battered or breaded, fried	201.0	1.0 serving	0.302
36610	DENNY'S, french fries	165.0	1.0 serving	0.082
36612	DENNY'S, golden fried shrimp	16.0	1.0 piece	0.025
36613	DENNY'S, macaroni & cheese, from kid's menu	180.0	1.0 serving	0.121
36611	DENNY'S, mozzarella cheese sticks	228.0	1.0 serving	0.399
36031	DENNY'S, onion rings	166.0	1.0 serving	0.081
36032	DENNY'S, spaghetti and meatballs	565.0	1.0 serving	0.509
36615	DENNY'S, top sirloin steak	107.0	1.0 steak	0.407
01070	Dessert topping, powdered	43.0	1.5 oz	0.029
01071	Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup milk	80.0	1.0 cup	0.058
01072	Dessert topping, pressurized	70.0	1.0 cup	0.010
01073	Dessert topping, semi solid, frozen	75.0	1.0 cup	0.013
19220	Desserts, rennin, chocolate, dry mix	9.0	1.0 tbsp	0.003
02045	Dill weed, fresh	1.0	5.0 sprigs	0.000
21279	DOMINO'S 14" Cheese Pizza, Crunchy Thin Crust	70.0	1.0 slice	0.074
21278	DOMINO'S 14" Cheese Pizza, Ultimate Deep Dish Crust	118.0	1.0 slice	0.135
21282	DOMINO'S 14" EXTRAVAGANZZA FEAST Pizza, Classic Hand-Tossed Crust	151.0	1.0 slice	0.125
21280	DOMINO'S 14" Pepperoni Pizza, Classic Hand-Tossed Crust	113.0	1.0 slice	0.092
21281	DOMINO'S 14" Pepperoni Pizza, Ultimate Deep Dish Crust	123.0	1.0 slice	0.139
18251	Doughnuts, cake-type, chocolate, sugared or glazed	28.35	1.0 oz	0.016
18249	Doughnuts, cake-type, plain, chocolate-coated or frosted	28.35	1.0 oz	0.017
18250	Doughnuts, cake-type, plain, sugared or glazed	28.35	1.0 oz	0.020
18253	Doughnuts, french crullers, glazed	28.35	1.0 oz	0.013
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	28.35	1.0 oz	0.012
18436	Doughnuts, yeast-leavened, glazed, unenriched (includes honey buns)	28.35	1.0 oz	0.022
18254	Doughnuts, yeast-leavened, with creme filling	28.35	1.0 oz	0.022
18256	Doughnuts, yeast-leavened, with jelly filling	28.35	1.0 oz	0.020

NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure
11786	Drumstick leaves, cooked, boiled, drained, with salt	42.0	1.0 cup, chopped	0.034
11223	Drumstick leaves, cooked, boiled, drained, without salt	42.0	1.0 cup, chopped	0.034
11222	Drumstick leaves, raw	21.0	1.0 cup, chopped	0.030
05143	Duck, domesticated, liver, raw	44.0	1.0 liver	0.116
05140	Duck, domesticated, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	0.325
05139	Duck, domesticated, meat and skin, raw	85.0	3.0 oz	0.122
05142	Duck, domesticated, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	0.458
05141	Duck, domesticated, meat only, raw	137.0	1.0 unit (yield from 1 lb ready-to-cook duck)	0.348
05145	Duck, wild, breast, meat only, raw	73.0	1.0 unit (yield from 1 lb ready-to-cook duck)	0.201
05144	Duck, wild, meat and skin, raw	85.0	3.0 oz	0.201
05315	Duck, young duckling, domesticated, White Pekin, breast, meat and skin, boneless, cooked, roasted	56.0	1.0 unit (yield from 1 lb ready-to-cook duck)	0.189
05316	Duck, young duckling, domesticated, White Pekin, breast, meat only, boneless, cooked without skin, broiled	85.0	3.0 oz	0.323
05317	Duck, young duckling, domesticated, White Pekin, leg, meat and skin, bone in, cooked, roasted	92.0	1.0 leg, bone removed (yield after cooking)	0.339
05318	Duck, young duckling, domesticated, White Pekin, leg, meat only, bone in, cooked without skin, braised	85.0	3.0 oz	0.340
07021	Dutch brand loaf, chicken, pork and beef	38.0	1.0 slice	0.065
11212	Edamame, frozen, prepared	155.0	1.0 cup	0.195
11211	Edamame, frozen, unprepared	118.0	1.0 cup	0.140
19169	Egg custards, dry mix	85.0	1.0 package (3 oz)	0.080
19205	Egg custards, dry mix, prepared with 2% milk	141.0	0.5 cup	0.073
19170	Egg custards, dry mix, prepared with whole milk	141.0	0.5 cup	0.116
01210	Egg Mix, USDA Commodity	8.6	1.0 tbsp	0.034
22954	Egg rolls, chicken, refrigerated, heated	80.0	1.0 roll	0.112
22953	Egg rolls, pork, refrigerated, heated	85.0	1.0 roll	0.094
22955	Egg rolls, vegetable, frozen, prepared	68.0	1.0 egg roll	0.034
01226	Egg substitute, liquid or frozen, fat free	60.0	0.25 cup	0.098
01138	Egg, duck, whole, fresh, raw	70.0	1.0 egg	0.182
01139	Egg, goose, whole, fresh, raw	144.0	1.0 egg	0.406
01140	Egg, quail, whole, fresh, raw	9.0	1.0 egg	0.019
01141	Egg, turkey, whole, fresh, raw	79.0	1.0 egg	0.173
01173	Egg, white, dried	28.0	1.0 oz	0.280
01135	Egg, white, dried, flakes, stabilized, glucose reduced	28.35	1.0 oz	0.335
01136	Egg, white, dried, powder, stabilized, glucose reduced	107.0	1.0 cup, sifted	1.355
01258	Egg, white, dried, stabilized, glucose reduced	107.0	1.0 cup, sifted	1.527
01124	Egg, white, raw, fresh	33.0	1.0 large	0.041



NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure
01172	Egg, white, raw, frozen, pasteurized	28.0	1.0 oz	0.049
01128	Egg, whole, cooked, fried	46.0	1.0 large	0.083
01129	Egg, whole, cooked, hard-boiled	136.0	1.0 cup, chopped	0.208
01130	Egg, whole, cooked, omelet	15.0	1.0 tbsp	0.021
01131	Egg, whole, cooked, poached	50.0	1.0 large	0.083
01132	Egg, whole, cooked, scrambled	61.0	1.0 large	0.085
01133	Egg, whole, dried	85.0	1.0 cup, sifted	0.659
01134	Egg, whole, dried, stabilized, glucose reduced	85.0	1.0 cup, sifted	0.655
01123	Egg, whole, raw, fresh	50.0	1.0 large	0.083
01171	Egg, whole, raw, frozen, pasteurized	28.0	1.0 oz	0.054
01255	Egg, whole, raw, frozen, salted, pasteurized	28.0	1.0 oz	0.063
01137	Egg, yolk, dried	67.0	1.0 cup, sifted	0.261
01125	Egg, yolk, raw, fresh	17.0	1.0 large	0.030
01126	Egg, yolk, raw, frozen, pasteurized	28.35	1.0 oz	0.063
01160	Egg, yolk, raw, frozen, salted, pasteurized	28.35	1.0 oz	0.054
01127	Egg, yolk, raw, frozen, sugared, pasteurized	28.35	1.0 oz	0.054
01057	Eggnog	254.0	1.0 cup	0.216
11783	Eggplant, cooked, boiled, drained, with salt	99.0	1.0 cup (1" cubes)	0.008
11210	Eggplant, cooked, boiled, drained, without salt	99.0	1.0 cup (1" cubes)	0.008
11209	Eggplant, raw	82.0	1.0 cup, cubes	0.007
09088	Elderberries, raw	145.0	1.0 cup	0.019
05624	Emu, fan fillet, cooked, broiled	85.0	1.0 serving ( 3 oz )	0.176
05623	Emu, fan fillet, raw	85.0	1.0 serving ( 3 oz )	0.127
05625	Emu, flat fillet, raw	85.0	3.0 oz	0.125
05627	Emu, full rump, cooked, broiled	85.0	1.0 serving ( 3 oz )	0.189
05626	Emu, full rump, raw	85.0	3.0 oz	0.128
05622	Emu, ground, cooked, pan-broiled	109.0	1.0 patty (yield from 135.8 g raw meat)	0.205
05621	Emu, ground, raw	117.0	1.0 patty	0.176
05628	Emu, inside drum, raw	85.0	3.0 oz	0.125
05629	Emu, inside drums, cooked, broiled	85.0	1.0 serving ( 3 oz )	0.182
05630	Emu, outside drum, raw	85.0	3.0 oz	0.130
05631	Emu, oyster, raw	85.0	3.0 oz	0.128
05632	Emu, top loin, cooked, broiled	85.0	1.0 serving ( 3 oz )	0.163
11213	Endive, raw	25.0	0.5 cup, chopped	0.001
18260	English muffins, mixed-grain (includes granola)	28.35	1.0 oz	0.033
18261	English muffins, mixed-grain, toasted (includes granola)	28.35	1.0 oz	0.036

NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure
18258	English muffins, plain, enriched, with ca prop (includes sourdough)	28.35	1.0 oz	0.031
18437	English muffins, plain, enriched, without calcium propionate(includes sourdough)	28.35	1.0 oz	0.026
18259	English muffins, plain, toasted, enriched, with calcium propionate (includes sourdough)	28.35	1.0 oz	0.036
18438	English muffins, plain, unenriched, with calcium propionate (includes sourdough)	28.35	1.0 oz	0.026
18439	English muffins, plain, unenriched, without calcium propionate (includes sourdough)	28.35	1.0 oz	0.026
18262	English muffins, raisin-cinnamon (includes apple-cinnamon)	28.35	1.0 oz	0.026
18263	English muffins, raisin-cinnamon, toasted (includes apple-cinnamon)	28.35	1.0 oz	0.029
18264	English muffins, wheat	28.35	1.0 oz	0.032
18265	English muffins, wheat, toasted	28.35	1.0 oz	0.035
18266	English muffins, whole-wheat	28.35	1.0 oz	0.037
18267	English muffins, whole-wheat, toasted	28.35	1.0 oz	0.040
11214	Escarole, cooked, boiled, drained, no salt added	150.0	1.0 cup	0.008
16138	Falafel, home-prepared	17.0	1.0 patty (approx 2-1/4" dia)	0.023
21511	Fast Food, Pizza Chain, 14" pizza, cheese topping, stuffed crust	117.0	1.0 slice 1/8 pizza	0.145
21304	Fast Food, Pizza Chain, 14" pizza, meat and vegetable topping, regular crust	136.0	1.0 slice	0.148
21006	Fast foods, biscuit with egg and steak	148.0	1.0 biscuit	0.229
21002	Fast foods, biscuit, with egg	136.0	1.0 biscuit	0.143
21003	Fast foods, biscuit, with egg and bacon	150.0	1.0 biscuit	0.216
21004	Fast foods, biscuit, with egg and ham	182.0	1.0 biscuit	0.258
21005	Fast Foods, biscuit, with egg and sausage	162.0	1.0 item	0.219
21007	Fast foods, biscuit, with egg, cheese, and bacon	145.0	1.0 item	0.236
21008	Fast foods, biscuit, with ham	162.0	1.0 biscuit	0.238
21009	Fast foods, biscuit, with sausage	111.0	1.0 item	0.117
21519	Fast foods, breakfast burrito, with egg, cheese, and sausage	109.0	1.0 burrito	0.137
21060	Fast foods, burrito, with beans	217.0	2.0 pieces	0.171
21064	Fast foods, burrito, with beans, cheese, and beef	241.0	1.0 burrito	0.152
21100	Fast foods, cheeseburger; double, large patty, with condiments and vegetables	258.0	1.0 sandwich	0.472
21093	Fast foods, cheeseburger; double, regular patty, with condiments and vegetables	166.0	1.0 sandwich	0.267
21400	Fast foods, cheeseburger; double, regular patty; double decker bun with condiments and special sauce	219.0	1.0 item	0.241
21092	Fast foods, cheeseburger; double, regular patty; plain	149.0	1.0 item	0.338
21095	Fast foods, cheeseburger; double, regular, patty and bun; with condiments and vegetables	228.0	1.0 sandwich	0.374
21096	Fast foods, cheeseburger; single, large patty; plain	182.0	1.0 sandwich	0.289
21097	Fast foods, cheeseburger; single, large patty; with condiments and bacon	211.0	1.0 item	0.420
21099	Fast foods, cheeseburger; single, large patty; with condiments, vegetables and ham	254.0	1.0 sandwich	0.498
21089	Fast foods, cheeseburger; single, regular patty; plain	91.0	1.0 sandwich	0.141
21101	Fast foods, cheeseburger; triple, regular patty; plain	249.0	1.0 item	0.570

NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure
21401	Fast foods, chicken tenders	30.0	1.0 strip	0.067
21011	Fast foods, croissant, with egg and cheese	127.0	1.0 croissant	0.184
21014	Fast foods, croissant, with egg, cheese, and sausage	171.0	1.0 sandwich	0.181
21018	Fast foods, egg, scrambled	96.0	2.0 eggs	0.204
21020	Fast foods, english muffin, with cheese and sausage	108.0	1.0 item	0.157
21022	Fast foods, english muffin, with egg, cheese, and sausage	165.0	1.0 item	0.269
21023	Fast foods, french toast with butter	135.0	2.0 slices	0.143
21518	Fast foods, grilled chicken in tortilla, with lettuce, cheese, and ranch sauce	123.0	1.0 item	0.165
21115	Fast foods, hamburger, large, triple patty, with condiments	259.0	1.0 sandwich	0.614
21114	Fast foods, hamburger; double, large patty; with condiments and vegetables	226.0	1.0 sandwich	0.414
21111	Fast foods, hamburger; double, regular patty; with condiments	215.0	1.0 item	0.385
21110	Fast foods, hamburger; double, regular, patty; plain	120.0	1.0 item	0.247
21112	Fast foods, hamburger; single, large patty; plain	137.0	1.0 sandwich	0.274
21113	Fast foods, hamburger; single, large patty; with condiments and vegetables	218.0	1.0 sandwich	0.307
21390	Fast foods, hamburger; single, large patty; with condiments, vegetables and mayonnaise	247.0	1.0 item	0.247
21393	Fast foods, hamburger; single, regular patty; double decker bun with condiments and special sauce	205.0	1.0 item	0.226
21107	Fast foods, hamburger; single, regular patty; plain	78.0	1.0 sandwich	0.112
21109	Fast foods, hamburger; single, regular patty; with condiments and vegetables	110.0	1.0 item	0.156
21118	Fast foods, hotdog, plain	98.0	1.0 sandwich	0.096
21119	Fast foods, hotdog, with chili	114.0	1.0 sandwich	0.129
21120	Fast foods, hotdog, with corn flour coating (corndog)	175.0	1.0 sandwich	0.150
21388	Fast foods, miniature cinnamon rolls	25.0	1.0 each	0.014
21078	Fast foods, nachos, with cheese	80.0	1.0 serving	0.034
21080	Fast foods, nachos, with cheese, beans, ground beef, and tomatoes	222.0	1.0 serving	0.131
21124	Fast foods, submarine sandwich, cold cut on white bread with lettuce and tomato	196.0	6.0 inch sub	0.196
21125	Fast foods, submarine sandwich, roast beef on white bread with lettuce and tomato	190.0	6.0 inch sub	0.272
21126	Fast foods, submarine sandwich, tuna on white bread with lettuce and tomato	237.0	6.0 inch sub	0.280
21032	Fast foods, sundae, caramel	155.0	1.0 sundae	0.098
21033	Fast foods, sundae, hot fudge	158.0	1.0 sundae	0.071
21034	Fast foods, sundae, strawberry	153.0	1.0 sundae	0.083
21083	Fast foods, taco salad	198.0	1.5 cup	0.148
04001	Fat, beef tallow	12.8	1.0 tbsp	0.000
04542	Fat, chicken	12.8	1.0 tbsp	0.000
04574	Fat, duck	12.8	1.0 tbsp	0.000
04576	Fat, goose	12.8	1.0 tbsp	0.000
04520	Fat, mutton tallow	12.8	1.0 tbsp	0.000

NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure
04575	Fat, turkey	12.8	1.0 tbsp	0.000
09334	Feijoa, raw	243.0	1.0 cup, pureed	0.017
09093	Figs, canned, extra heavy syrup pack, solids and liquids	261.0	1.0 cup	0.008
09092	Figs, canned, heavy syrup pack, solids and liquids	259.0	1.0 cup	0.008
09091	Figs, canned, light syrup pack, solids and liquids	252.0	1.0 cup	0.008
09090	Figs, canned, water pack, solids and liquids	248.0	1.0 cup	0.007
09095	Figs, dried, stewed	259.0	1.0 cup	0.023
09094	Figs, dried, uncooked	149.0	1.0 cup	0.030
09089	Figs, raw	64.0	1.0 large (2-1/2" dia)	0.004
15002	Fish, anchovy, european, canned in oil, drained solids	28.35	1.0 oz, boneless	0.092
15001	Fish, anchovy, european, raw	85.0	3.0 oz	0.194
15003	Fish, bass, fresh water, mixed species, raw	79.0	1.0 fillet	0.167
15187	Fish, bass, freshwater, mixed species, cooked, dry heat	62.0	1.0 fillet	0.168
15188	Fish, bass, striped, cooked, dry heat	124.0	1.0 fillet	0.316
15004	Fish, bass, striped, raw	85.0	3.0 oz	0.169
15189	Fish, bluefish, cooked, dry heat	117.0	1.0 fillet	0.337
15005	Fish, bluefish, raw	150.0	1.0 fillet	0.336
15190	Fish, burbot, cooked, dry heat	90.0	1.0 fillet	0.249
15006	Fish, burbot, raw	116.0	1.0 fillet	0.251
15191	Fish, butterfish, cooked, dry heat	25.0	1.0 fillet	0.062
15007	Fish, butterfish, raw	32.0	1.0 fillet	0.062
15009	Fish, carp, cooked, dry heat	85.0	3.0 oz	0.218
15008	Fish, carp, raw	85.0	3.0 oz	0.170
15011	Fish, catfish, channel, cooked, breaded and fried	87.0	1.0 fillet	0.174
15235	Fish, catfish, channel, farmed, cooked, dry heat	143.0	1.0 fillet	0.315
15234	Fish, catfish, channel, farmed, raw	85.0	3.0 oz	0.155
15233	Fish, catfish, channel, wild, cooked, dry heat	143.0	1.0 fillet	0.296
15010	Fish, catfish, channel, wild, raw	85.0	3.0 oz	0.156
15012	Fish, caviar, black and red, granular	16.0	1.0 tbsp	0.052
15013	Fish, cisco, raw	79.0	1.0 fillet	0.168
15014	Fish, cisco, smoked	28.35	1.0 oz	0.052
15017	Fish, cod, Atlantic, canned, solids and liquid	85.0	3.0 oz	0.217
15016	Fish, cod, Atlantic, cooked, dry heat	85.0	3.0 oz	0.218
15018	Fish, cod, Atlantic, dried and salted	28.35	1.0 oz	0.200
15015	Fish, cod, Atlantic, raw	85.0	3.0 oz	0.169
15192	Fish, cod, Pacific, cooked, dry heat (may have been previously frozen)	90.0	1.0 fillet	0.208

NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure
15019	Fish, cod, Pacific, raw (may have been previously frozen)	116.0	1.0 fillet	0.218
15021	Fish, croaker, Atlantic, cooked, breaded and fried	87.0	1.0 fillet	0.181
15020	Fish, croaker, Atlantic, raw	79.0	1.0 fillet	0.157
15193	Fish, cusk, cooked, dry heat	95.0	1.0 fillet	0.259
15022	Fish, cusk, raw	122.0	1.0 fillet	0.260
15195	Fish, drum, freshwater, cooked, dry heat	85.0	3.0 oz	0.214
15024	Fish, drum, freshwater, raw	85.0	3.0 oz	0.167
15026	Fish, eel, mixed species, cooked, dry heat	28.35	1.0 oz, boneless	0.075
15025	Fish, eel, mixed species, raw	85.0	3.0 oz	0.176
15027	Fish, fish sticks, frozen, prepared	57.0	1.0 piece (4" x 2" x 1/2")	0.070
15029	Fish, flatfish (flounder and sole species), cooked, dry heat	127.0	1.0 fillet	0.250
15028	Fish, flatfish (flounder and sole species), raw	28.35	1.0 oz, boneless	0.046
15030	Fish, gefiltefish, commercial, sweet recipe	42.0	1.0 piece	0.036
15032	Fish, grouper, mixed species, cooked, dry heat	85.0	3.0 oz	0.236
15031	Fish, grouper, mixed species, raw	85.0	3.0 oz	0.184
15034	Fish, haddock, cooked, dry heat	150.0	1.0 fillet	0.390
15033	Fish, haddock, raw	85.0	3.0 oz	0.180
15035	Fish, haddock, smoked	28.35	1.0 oz, boneless	0.080
15037	Fish, halibut, Atlantic and Pacific, cooked, dry heat	85.0	3.0 oz	0.241
15036	Fish, halibut, Atlantic and Pacific, raw	85.0	3.0 oz	0.198
15196	Fish, halibut, greenland, cooked, dry heat	85.0	3.0 oz	0.175
15038	Fish, halibut, Greenland, raw	85.0	3.0 oz	0.137
15040	Fish, herring, Atlantic, cooked, dry heat	143.0	1.0 fillet	0.369
15042	Fish, herring, Atlantic, kippered	28.35	1.0 oz, boneless	0.078
15041	Fish, herring, Atlantic, pickled	140.0	1.0 cup	0.223
15039	Fish, herring, Atlantic, raw	28.35	1.0 oz, boneless	0.057
15197	Fish, herring, Pacific, cooked, dry heat	144.0	1.0 fillet	0.338
15043	Fish, herring, Pacific, raw	85.0	3.0 oz	0.156
15198	Fish, ling, cooked, dry heat	85.0	3.0 oz	0.232
15044	Fish, ling, raw	85.0	3.0 oz	0.181
15199	Fish, lingcod, cooked, dry heat	85.0	3.0 oz	0.216
15045	Fish, lingcod, raw	85.0	3.0 oz	0.168
15047	Fish, mackerel, Atlantic, cooked, dry heat	88.0	1.0 fillet	0.235
15046	Fish, mackerel, Atlantic, raw	112.0	1.0 fillet	0.233
15048	Fish, mackerel, jack, canned, drained solids	28.35	1.0 oz, boneless	0.074
15200	Fish, mackerel, king, cooked, dry heat	85.0	3.0 oz	0.247

NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure
15049	Fish, mackerel, king, raw	85.0	3.0 oz	0.193
15201	Fish, mackerel, Pacific and jack, mixed species, cooked, dry heat	28.35	1.0 oz, boneless	0.082
15050	Fish, mackerel, Pacific and jack, mixed species, raw	85.0	3.0 oz	0.191
15052	Fish, mackerel, spanish, cooked, dry heat	146.0	1.0 fillet	0.385
15051	Fish, mackerel, spanish, raw	85.0	3.0 oz	0.184
15194	Fish, mahimahi, cooked, dry heat	85.0	3.0 oz	0.226
15023	Fish, mahimahi, raw	85.0	3.0 oz	0.176
15202	Fish, milkfish, cooked, dry heat	85.0	3.0 oz	0.251
15053	Fish, milkfish, raw	85.0	3.0 oz	0.196
15203	Fish, monkfish, cooked, dry heat	85.0	3.0 oz	0.177
15054	Fish, monkfish, raw	85.0	3.0 oz	0.138
15056	Fish, mullet, striped, cooked, dry heat	93.0	1.0 fillet	0.259
15055	Fish, mullet, striped, raw	28.35	1.0 oz	0.062
15058	Fish, ocean perch, Atlantic, cooked, dry heat	50.0	1.0 fillet	0.113
15057	Fish, ocean perch, Atlantic, raw	28.35	1.0 oz, boneless	0.053
15061	Fish, perch, mixed species, cooked, dry heat	46.0	1.0 fillet	0.128
15060	Fish, perch, mixed species, raw	60.0	1.0 fillet	0.130
15063	Fish, pike, northern, cooked, dry heat	85.0	3.0 oz	0.235
15062	Fish, pike, northern, raw	85.0	3.0 oz	0.184
15204	Fish, pike, walleye, cooked, dry heat	124.0	1.0 fillet	0.341
15064	Fish, pike, walleye, raw	85.0	3.0 oz	0.182
15067	Fish, pollock, Alaska, cooked, dry heat (may have been previously frozen)	60.0	1.0 fillet	0.158
15066	Fish, pollock, Alaska, raw (may have been previously frozen)	77.0	1.0 fillet	0.128
15205	Fish, pollock, Atlantic, cooked, dry heat	85.0	3.0 oz	0.237
15065	Fish, pollock, Atlantic, raw	85.0	3.0 oz	0.185
15069	Fish, pompano, florida, cooked, dry heat	88.0	1.0 fillet	0.233
15068	Fish, pompano, florida, raw	28.35	1.0 oz, boneless	0.059
15206	Fish, pout, ocean, cooked, dry heat	137.0	0.5 fillet	0.327
15059	Fish, pout, ocean, raw	85.0	3.0 oz	0.158
15071	Fish, rockfish, Pacific, mixed species, cooked, dry heat	149.0	1.0 fillet	0.441
15070	Fish, rockfish, Pacific, mixed species, raw	85.0	3.0 oz	0.208
15207	Fish, roe, mixed species, cooked, dry heat	28.35	1.0 oz	0.106
15072	Fish, roe, mixed species, raw	14.0	1.0 tbsp	0.041
15232	Fish, roughy, orange, cooked, dry heat	85.0	3.0 oz	0.196
15073	Fish, roughy, orange, raw	85.0	3.0 oz	0.156
15208	Fish, sablefish, cooked, dry heat	85.0	3.0 oz	0.164

NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure
15074	Fish, sablefish, raw	85.0	3.0 oz	0.128
15075	Fish, sablefish, smoked	28.35	1.0 oz	0.056
15237	Fish, salmon, Atlantic, farmed, cooked, dry heat	85.0	3.0 oz	0.211
15236	Fish, salmon, Atlantic, farmed, raw	85.0	3.0 oz	0.178
15209	Fish, salmon, Atlantic, wild, cooked, dry heat	85.0	3.0 oz	0.242
15076	Fish, salmon, Atlantic, wild, raw	85.0	3.0 oz	0.189
15210	Fish, salmon, chinook, cooked, dry heat	85.0	3.0 oz	0.245
15078	Fish, salmon, chinook, raw	85.0	3.0 oz	0.191
15077	Fish, salmon, chinook, smoked	28.35	1.0 oz, boneless	0.058
15179	Fish, salmon, chinook, smoked, (lox), regular	28.35	1.0 oz	0.058
15080	Fish, salmon, chum, canned, drained solids with bone	85.0	3.0 oz	0.204
15180	Fish, salmon, chum, canned, without salt, drained solids with bone	85.0	3.0 oz	0.204
15211	Fish, salmon, chum, cooked, dry heat	85.0	3.0 oz	0.246
15079	Fish, salmon, chum, raw	85.0	3.0 oz	0.192
15239	Fish, salmon, coho, farmed, cooked, dry heat	143.0	1.0 fillet	0.389
15238	Fish, salmon, coho, farmed, raw	85.0	3.0 oz	0.202
15247	Fish, salmon, coho, wild, cooked, dry heat	85.0	3.0 oz	0.224
15082	Fish, salmon, coho, wild, cooked, moist heat	85.0	3.0 oz	0.260
15081	Fish, salmon, coho, wild, raw	85.0	3.0 oz	0.206
15260	Fish, salmon, pink, canned, drained solids	85.0	3.0 oz	0.212
15265	Fish, Salmon, pink, canned, drained solids, without skin and bones	85.0	3.0 oz	0.226
15084	Fish, salmon, pink, canned, total can contents	85.0	3.0 oz	0.180
15181	Fish, salmon, pink, canned, without salt, solids with bone and liquid	85.0	3.0 oz	0.189
15212	Fish, salmon, pink, cooked, dry heat	85.0	3.0 oz	0.225
15083	Fish, salmon, pink, raw	85.0	3.0 oz	0.188
15087	Fish, salmon, sockeye, canned, drained solids	85.0	3.0 oz	0.241
15182	Fish, salmon, sockeye, canned, without salt, drained solids with bone	85.0	3.0 oz	0.195
15086	Fish, salmon, sockeye, cooked, dry heat	85.0	3.0 oz	0.285
15085	Fish, salmon, sockeye, raw	28.35	1.0 oz, boneless	0.080
15088	Fish, sardine, Atlantic, canned in oil, drained solids with bone	149.0	1.0 cup, drained	0.411
15089	Fish, sardine, Pacific, canned in tomato sauce, drained solids with bone	89.0	1.0 cup	0.140
15213	Fish, scup, cooked, dry heat	50.0	1.0 fillet	0.136
15090	Fish, scup, raw	85.0	3.0 oz	0.179
15092	Fish, sea bass, mixed species, cooked, dry heat	101.0	1.0 fillet	0.268
15091	Fish, sea bass, mixed species, raw	129.0	1.0 fillet	0.266
15214	Fish, seatrout, mixed species, cooked, dry heat	85.0	3.0 oz	0.204

NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure
15093	Fish, seatrout, mixed species, raw	85.0	3.0 oz	0.160
15215	Fish, shad, american, cooked, dry heat	144.0	1.0 fillet	0.350
15094	Fish, shad, american, raw	85.0	3.0 oz	0.161
15096	Fish, shark, mixed species, cooked, batter-dipped and fried	85.0	3.0 oz	0.180
15095	Fish, shark, mixed species, raw	85.0	3.0 oz	0.200
15098	Fish, sheepshead, cooked, dry heat	85.0	3.0 oz	0.247
15097	Fish, sheepshead, raw	85.0	3.0 oz	0.192
15100	Fish, smelt, rainbow, cooked, dry heat	85.0	3.0 oz	0.215
15099	Fish, smelt, rainbow, raw	85.0	3.0 oz	0.167
15102	Fish, snapper, mixed species, cooked, dry heat	85.0	3.0 oz	0.250
15101	Fish, snapper, mixed species, raw	85.0	3.0 oz	0.196
15216	Fish, spot, cooked, dry heat	50.0	1.0 fillet	0.133
15103	Fish, spot, raw	64.0	1.0 fillet	0.132
15105	Fish, sturgeon, mixed species, cooked, dry heat	85.0	3.0 oz	0.197
15104	Fish, sturgeon, mixed species, raw	85.0	3.0 oz	0.154
15106	Fish, sturgeon, mixed species, smoked	28.35	1.0 oz	0.099
15217	Fish, sucker, white, cooked, dry heat	124.0	1.0 fillet	0.299
15107	Fish, sucker, white, raw	85.0	3.0 oz	0.160
15218	Fish, sunfish, pumpkin seed, cooked, dry heat	37.0	1.0 fillet	0.103
15108	Fish, sunfish, pumpkin seed, raw	48.0	1.0 fillet	0.104
15109	Fish, surimi	28.35	1.0 oz	0.026
15111	Fish, swordfish, cooked, dry heat	85.0	3.0 oz	0.225
15110	Fish, swordfish, raw	85.0	3.0 oz	0.189
15262	Fish, tilapia, cooked, dry heat	87.0	1.0 fillet	0.231
15261	Fish, tilapia, raw	116.0	1.0 fillet	0.244
15113	Fish, tilefish, cooked, dry heat	150.0	0.5 fillet	0.411
15112	Fish, tilefish, raw	85.0	3.0 oz	0.167
15219	Fish, trout, mixed species, cooked, dry heat	62.0	1.0 fillet	0.185
15114	Fish, trout, mixed species, raw	79.0	1.0 fillet	0.184
15241	Fish, trout, rainbow, farmed, cooked, dry heat	71.0	1.0 fillet	0.198
15240	Fish, trout, rainbow, farmed, raw	79.0	1.0 fillet	0.185
15116	Fish, trout, rainbow, wild, cooked, dry heat	143.0	1.0 fillet	0.368
15115	Fish, trout, rainbow, wild, raw	85.0	3.0 oz	0.195
15128	Fish, tuna salad	85.0	3.0 oz	0.153
15118	Fish, tuna, fresh, bluefin, cooked, dry heat	85.0	3.0 oz	0.285
15117	Fish, tuna, fresh, bluefin, raw	85.0	3.0 oz	0.222



NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure
15123	Fish, tuna, fresh, skipjack, raw	85.0	3.0 oz	0.209
15127	Fish, tuna, fresh, yellowfin, raw	28.35	1.0 oz, boneless	0.074
15119	Fish, tuna, light, canned in oil, drained solids	146.0	1.0 cup, solid or chunks	0.476
15183	Fish, tuna, light, canned in oil, without salt, drained solids	85.0	3.0 oz	0.277
15121	Fish, tuna, light, canned in water, drained solids	28.35	1.0 oz	0.059
15184	Fish, tuna, light, canned in water, without salt, drained solids	85.0	3.0 oz	0.243
15220	Fish, tuna, skipjack, fresh, cooked, dry heat	85.0	3.0 oz	0.269
15124	Fish, tuna, white, canned in oil, drained solids	85.0	3.0 oz	0.252
15185	Fish, tuna, white, canned in oil, without salt, drained solids	85.0	3.0 oz	0.252
15126	Fish, tuna, white, canned in water, drained solids	85.0	3.0 oz	0.225
15186	Fish, tuna, white, canned in water, without salt, drained solids	85.0	3.0 oz	0.225
15221	Fish, tuna, yellowfin, fresh, cooked, dry heat	85.0	3.0 oz	0.266
15222	Fish, turbot, european, cooked, dry heat	85.0	3.0 oz	0.196
15129	Fish, turbot, european, raw	85.0	3.0 oz	0.153
15223	Fish, whitefish, mixed species, cooked, dry heat	85.0	3.0 oz	0.233
15130	Fish, whitefish, mixed species, raw	85.0	3.0 oz	0.182
15131	Fish, whitefish, mixed species, smoked	136.0	1.0 cup, cooked	0.356
15133	Fish, whiting, mixed species, cooked, dry heat	72.0	1.0 fillet	0.189
15132	Fish, whiting, mixed species, raw	92.0	1.0 fillet	0.189
15224	Fish, wolffish, Atlantic, cooked, dry heat	119.0	0.5 fillet	0.299
15134	Fish, wolffish, Atlantic, raw	85.0	3.0 oz	0.167
15225	Fish, yellowtail, mixed species, cooked, dry heat	146.0	0.5 fillet	0.485
15135	Fish, yellowtail, mixed species, raw	85.0	3.0 oz	0.220
25045	Formulated bar, high fiber, chewy, oats and chocolate	40.0	1.0 bar	0.020
25021	Formulated bar, LUNA BAR, NUTZ OVER CHOCOLATE	48.0	1.0 bar	0.158
25016	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Energy Bar, all flavors	55.0	1.0 bar	0.122
25015	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Protein Performance Bar, Caramel Nut Rush	80.0	1.0 bar	0.251
25017	Formulated bar, POWER BAR, chocolate	68.0	1.0 bar	0.129
25020	Formulated bar, SLIM-FAST OPTIMA meal bar, milk chocolate peanut	55.0	1.0 bar	0.121
07945	Frankfurter, beef, heated	48.0	1.0 frankfurter	0.060
07022	Frankfurter, beef, unheated	50.0	1.0 frankfurter	0.060
07024	Frankfurter, chicken	85.0	3.0 oz	0.088
07950	Frankfurter, meat	52.0	1.0 serving (1 hot dog)	0.058
07963	Frankfurter, meat and poultry, cooked, boiled	50.0	1.0 frankfurter	0.056
07964	Frankfurter, meat and poultry, cooked, grilled	48.0	1.0 frankfurter	0.056

NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure
07962	Frankfurter, meat and poultry, unheated	51.0	1.0 frankfurter	0.054
07949	Frankfurter, meat, heated	52.0	1.0 serving (1 hot dog)	0.055
07939	Frankfurter, pork	76.0	1.0 link	0.114
07025	Frankfurter, turkey	28.35	1.0 oz	0.032
18268	French toast, frozen, ready-to-heat	28.35	1.0 oz	0.027
18269	French toast, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	0.027
16173	Frijoles rojos volteados (Refried beans, red, canned)	233.0	1.0 cup	0.114
19240	Frostings, chocolate, creamy, dry mix	388.0	1.0 package	0.078
19241	Frostings, chocolate, creamy, dry mix, prepared with butter	33.0	2.0 tablespoon	0.006
19372	Frostings, chocolate, creamy, dry mix, prepared with margarine	33.0	2.0 tablespoon	0.006
19226	Frostings, chocolate, creamy, ready-to-eat	41.0	2.0 tbsp creamy	0.007
19228	Frostings, cream cheese-flavor, ready-to-eat	33.0	2.0 tbsp creamy	0.000
19244	Frostings, vanilla, creamy, dry mix	411.0	1.0 package	0.004
19371	Frostings, vanilla, creamy, dry mix, prepared with margarine	33.0	2.0 tablespoon	0.001
19246	Frostings, white, fluffy, dry mix	207.0	1.0 package	0.052
19247	Frostings, white, fluffy, dry mix, prepared with water	315.0	1.0 package yields	0.050
19393	Frozen yogurts, chocolate, soft-serve	72.0	0.5 cup (4 fl oz)	0.040
19293	Frozen yogurts, vanilla, soft-serve	72.0	0.5 cup	0.038
19018	Fruit syrup	334.0	1.0 cup	0.000
17330	Game meat , bison, ground, raw	85.0	1.0 serving ( 3 oz )	0.120
17332	Game meat , bison, top sirloin, separable lean only, 1" steak, cooked, broiled	85.0	1.0 serving ( 3 oz )	0.180
17333	Game meat, bison, chuck, shoulder clod, separable lean only, cooked, braised	85.0	1.0 serving ( 3 oz )	0.217
17334	Game meat, bison, chuck, shoulder clod, separable lean only, raw	85.0	1.0 serving ( 3 oz )	0.136
17331	Game meat, bison, ground, cooked, pan-broiled	87.0	1.0 patty ( yield from 112.7 g raw meat )	0.157
17335	Game meat, bison, ribeye, separable lean only, 1" steak, cooked, broiled	85.0	1.0 serving ( 3 oz )	0.190
17268	Game meat, bison, ribeye, separable lean only, trimmed to 0" fat, raw	28.35	1.0 oz	0.000
17269	Game meat, bison, shoulder clod, separable lean only, trimmed to 0" fat, raw	28.35	1.0 oz	0.000
17336	Game meat, bison, top round, separable lean only, 1" steak, cooked, broiled	85.0	1.0 serving ( 3 oz )	0.194
17337	Game meat, bison, top round, separable lean only, 1" steak, raw	85.0	1.0 serving ( 3 oz )	0.150
17267	Game meat, bison, top sirloin, separable lean only, trimmed to 0" fat, raw	28.35	1.0 oz	0.000
17159	Game meat, boar, wild, cooked, roasted	85.0	3.0 oz	0.323
17158	Game meat, boar, wild, raw	28.35	1.0 oz	0.082
17161	Game meat, buffalo, water, cooked, roasted	85.0	3.0 oz	0.278
17160	Game meat, buffalo, water, raw	28.35	1.0 oz	0.071
17163	Game meat, caribou, cooked, roasted	85.0	3.0 oz	0.389
17162	Game meat, caribou, raw	28.35	1.0 oz	0.099

NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure
17344	Game meat, deer, ground, cooked, pan-broiled	93.0	1.0 patty	0.218
17343	Game meat, deer, ground, raw	85.0	1.0 patty (cooked from 4 oz raw)	0.163
17345	Game meat, deer, loin, separable lean only, 1" steak, cooked, broiled	54.0	1.0 steak	0.145
17346	Game meat, deer, shoulder clod, separable lean only, cooked, braised	85.0	1.0 serving ( 3 oz )	0.270
17347	Game meat, deer, tenderloin, separable lean only, cooked, broiled	85.0	1.0 serving ( 3 oz )	0.226
17348	Game meat, deer, top round, separable lean only, 1" steak, cooked, broiled	102.0	1.0 steak ( yield from 134.9 g raw meat )	0.288
17167	Game meat, elk, cooked, roasted	85.0	3.0 oz	0.463
17339	Game meat, elk, ground, cooked, pan-broiled	95.0	1.0 patty ( yield from 104.1 g raw meat )	0.226
17338	Game meat, elk, ground, raw	102.0	1.0 patty ( yield from 102.2 g raw meat )	0.198
17340	Game meat, elk, loin, separable lean only, cooked, broiled	114.0	1.0 steak ( yield from 148.1 g raw meat )	0.316
17166	Game meat, elk, raw	28.35	1.0 oz	0.117
17341	Game meat, elk, round, separable lean only, cooked, broiled	85.0	1.0 serving ( 3 oz )	0.235
17342	Game meat, elk, tenderloin, separable lean only, cooked, broiled	92.0	1.0 steak ( yield from 123.5 g raw meat )	0.253
17169	Game meat, goat, cooked, roasted	85.0	3.0 oz	0.343
17171	Game meat, horse, cooked, roasted	85.0	3.0 oz	0.297
17170	Game meat, horse, raw	28.35	1.0 oz	0.075
17178	Game meat, rabbit, domesticated, composite of cuts, cooked, roasted	85.0	3.0 oz	0.326
17179	Game meat, rabbit, domesticated, composite of cuts, cooked, stewed	85.0	3.0 oz	0.341
17177	Game meat, rabbit, domesticated, composite of cuts, raw	28.35	1.0 oz	0.075
17181	Game meat, rabbit, wild, cooked, stewed	85.0	3.0 oz	0.371
17180	Game meat, rabbit, wild, raw	28.35	1.0 oz	0.082
18963	Garlic bread, frozen	43.0	1.0 slice presliced	0.029
11215	Garlic, raw	136.0	1.0 cup	0.090
19172	Gelatin desserts, dry mix	85.0	1.0 package (3 oz)	0.000
19173	Gelatin desserts, dry mix, prepared with water	135.0	0.5 cup	0.000
19703	Gelatin desserts, dry mix, reduced calorie, with aspartame, added phosphorus, potassium, sodium, vitamin C	9.0	1.0 tbsp	0.000
19704	Gelatin desserts, dry mix, reduced calorie, with aspartame, no added sodium	9.0	1.0 tbsp	0.000
19702	Gelatin desserts, dry mix, with added ascorbic acid, sodium-citrate and salt	85.0	1.0 package (3 oz)	0.000
19177	Gelatins, dry powder, unsweetened	7.0	1.0 envelope (1 tbsp)	0.000
11216	Ginger root, raw	2.0	1.0 tsp	0.000
17168	Goat, raw	28.35	1.0 oz	0.087
05147	Goose, domesticated, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	0.465
05146	Goose, domesticated, meat and skin, raw	85.0	3.0 oz	0.176
05149	Goose, domesticated, meat only, cooked, roasted	143.0	1.0 unit (yield from 1 lb ready-to-cook goose)	0.576
05148	Goose, domesticated, meat only, raw	85.0	3.0 oz	0.269

NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure
05150	Goose, liver, raw	94.0	1.0 liver	0.216
11784	Gourd, white-flowered (calabash), cooked, boiled, drained, with salt	146.0	1.0 cup (1" cubes)	0.004
11219	Gourd, white-flowered (calabash), cooked, boiled, drained, without salt	146.0	1.0 cup (1" cubes)	0.004
11218	Gourd, white-flowered (calabash), raw	58.0	0.5 cup (1" pieces)	0.002
09111	Grapefruit, raw, pink and red and white, all areas	230.0	1.0 cup sections, with juice	0.014
09112	Grapefruit, raw, pink and red, all areas	230.0	1.0 cup sections, with juice	0.018
09113	Grapefruit, raw, pink and red, California and Arizona	230.0	1.0 cup sections, with juice	0.012
09114	Grapefruit, raw, pink and red, Florida	230.0	1.0 cup sections, with juice	0.014
09116	Grapefruit, raw, white, all areas	230.0	1.0 cup sections, with juice	0.016
09117	Grapefruit, raw, white, California	230.0	1.0 cup sections, with juice	0.021
09118	Grapefruit, raw, white, Florida	230.0	1.0 cup sections, with juice	0.014
09120	Grapefruit, sections, canned, juice pack, solids and liquids	249.0	1.0 cup	0.017
09121	Grapefruit, sections, canned, light syrup pack, solids and liquids	254.0	1.0 cup	0.015
09119	Grapefruit, sections, canned, water pack, solids and liquids	244.0	1.0 cup	0.015
09131	Grapes, american type (slip skin), raw	92.0	1.0 cup	0.003
09134	Grapes, canned, thompson seedless, heavy syrup pack, solids and liquids	256.0	1.0 cup	0.005
09133	Grapes, canned, thompson seedless, water pack, solids and liquids	245.0	1.0 cup	0.005
09132	Grapes, red or green (European type, such as Thompson seedless), raw	151.0	1.0 cup	0.017
06985	Gravy, HEINZ Home Style, savory beef	57.0	1.0 serving 1/4 cup 2 oz	0.004
05669	Ground turkey, 85% lean, 15% fat, pan-broiled crumbles	85.0	3.0 oz	0.243
05670	Ground turkey, 85% lean, 15% fat, patties, broiled	85.0	3.0 oz	0.252
05668	Ground turkey, 85% lean, 15% fat, raw	85.0	1.0 patty (cooked from 4 oz raw)	0.163
05666	Ground turkey, 93% lean, 7% fat, pan-broiled crumbles	85.0	3.0 oz	0.262
05667	Ground turkey, 93% lean, 7% fat, patties, broiled	85.0	3.0 oz	0.251
05665	Ground turkey, 93% lean, 7% fat, raw	28.35	1.0 oz	0.060
05306	Ground turkey, cooked	82.0	1.0 patty (4 oz, raw) (yield after cooking)	0.256
05663	Ground turkey, fat free, pan-broiled crumbles	85.0	3.0 oz	0.306
05664	Ground turkey, fat free, patties, broiled	85.0	1.0 patty	0.280
05662	Ground turkey, fat free, raw	85.0	1.0 patty (cooked from 4 oz raw)	0.227
05305	Ground turkey, raw	453.6	1.0 lb	1.012
09143	Guava sauce, cooked	238.0	1.0 cup	0.007
09139	Guavas, common, raw	165.0	1.0 cup	0.036
09140	Guavas, strawberry, raw	244.0	1.0 cup	0.012
05151	Guinea hen, meat and skin, raw	85.0	3.0 oz	0.220
05152	Guinea hen, meat only, raw	85.0	3.0 oz	0.205
07032	Ham and cheese loaf or roll	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	0.058

NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure
07033	Ham and cheese spread	15.0	1.0 tbsp	0.056
07031	Ham salad spread	15.0	1.0 tbsp	0.013
07026	Ham, chopped, canned	28.35	1.0 oz	0.052
07030	Ham, minced	28.35	1.0 oz	0.044
07028	Ham, sliced, packaged (96% fat free, water added)	23.0	1.0 slice	0.046
07029	Ham, sliced, regular (approximately 11% fat)	56.0	56.0 grams 1 serving	0.087
11961	Hearts of palm, canned	146.0	1.0 cup	0.034
20030	Hominy, canned, white	165.0	1.0 cup	0.013
20330	Hominy, canned, yellow	160.0	1.0 cup	0.013
19296	Honey	339.0	1.0 cup	0.014
07088	Honey roll sausage, beef	23.0	1.0 slice (4" dia x 1/8" thick)	0.035
22537	HOT POCKETS Ham 'N Cheese Stuffed Sandwich, frozen	127.0	1.0 serving (1 hot pocket)	0.159
22961	HOT POCKETS, meatballs & mozzarella stuffed sandwich, frozen	127.0	1.0 hot pocket (1 NLEA serving)	0.165
16137	Hummus, home prepared	15.0	1.0 tablespoon	0.009
18270	Hush puppies, prepared from recipe	28.35	1.0 oz	0.023
16368	Hyacinth beans, mature seeds, cooked, boiled, with salt	194.0	1.0 cup	0.132
16068	Hyacinth beans, mature seeds, cooked, boiled, without salt	194.0	1.0 cup	0.132
16067	Hyacinth beans, mature seeds, raw	210.0	1.0 cup	0.418
18271	Ice cream cones, cake or wafer-type	28.35	1.0 oz	0.027
18272	Ice cream cones, sugar, rolled-type	28.35	1.0 oz	0.026
01236	Ice cream, soft serve, chocolate	86.0	0.5 cup	0.041
19090	Ice creams, french vanilla, soft-serve	86.0	0.5 cup (4 fl oz)	0.041
19898	Ice creams, regular, low carbohydrate, vanilla	58.0	1.0 individual (3.5 fl oz)	0.026
19095	Ice creams, vanilla	66.0	1.0 serving 1/2 cup	0.030
19096	Ice creams, vanilla, light, soft-serve	88.0	1.0 serving 1/2 cup	0.052
19089	Ice creams, vanilla, rich	107.0	0.5 cup	0.044
08580	Incaparina, dry mix (corn and soy flours), unprepared	8.9	1.0 tbsp	0.023
09144	Jackfruit, raw	165.0	1.0 cup, sliced	0.056
19297	Jams and preserves	20.0	1.0 tbsp	0.002
11789	Jute, potherb, cooked, boiled, drained, with salt	87.0	1.0 cup	0.021
11232	Jute, potherb, cooked, boiled, drained, without salt	87.0	1.0 cup	0.021
11231	Jute, potherb, raw	28.0	1.0 cup	0.008
11790	Kale, cooked, boiled, drained, with salt	130.0	1.0 cup, chopped	0.030
11234	Kale, cooked, boiled, drained, without salt	130.0	1.0 cup, chopped	0.030
11791	Kale, frozen, cooked, boiled, drained, with salt	130.0	1.0 cup, chopped	0.046
11236	Kale, frozen, cooked, boiled, drained, without salt	130.0	1.0 cup, chopped	0.046

NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure
11235	Kale, frozen, unprepared	94.0	0.333 package (10 oz)	0.030
11792	Kale, scotch, cooked, boiled, drained, with salt	130.0	1.0 cup, chopped	0.030
11623	Kale, scotch, cooked, boiled, drained, without salt	130.0	1.0 cup, chopped	0.030
11622	Kale, scotch, raw	67.0	1.0 cup, chopped	0.023
21419	KFC, biscuit	49.0	1.0 biscuit	0.050
21420	KFC, Coleslaw	112.0	1.0 package	0.009
21421	KFC, Crispy Chicken Strips	47.0	1.0 strip	0.125
21438	KFC, Fried Chicken, EXTRA CRISPY, Breast, meat and skin with breading	212.0	1.0 breast, with skin	0.343
21430	KFC, Fried Chicken, EXTRA CRISPY, Breast, meat only, skin and breading removed	140.0	1.0 breast, without skin	0.291
21439	KFC, Fried Chicken, EXTRA CRISPY, Drumstick, meat and skin with breading	81.0	1.0 drumstick, with skin	0.128
21431	KFC, Fried Chicken, EXTRA CRISPY, Drumstick, meat only, skin and breading removed	41.0	1.0 drumstick, bone and skin removed	0.081
21440	KFC, Fried Chicken, EXTRA CRISPY, Thigh, meat and skin with breading	152.0	1.0 thigh, with skin	0.199
21432	KFC, Fried Chicken, EXTRA CRISPY, Thigh, meat only, skin and breading removed	91.0	1.0 thigh, without skin	0.156
21441	KFC, Fried Chicken, EXTRA CRISPY, Wing, meat and skin with breading	68.0	1.0 wing, with skin	0.108
21433	KFC, Fried Chicken, EXTRA CRISPY, Wing, meat only, skin and breading removed	44.0	1.0 wing, without skin	0.096
21434	KFC, Fried Chicken, ORIGINAL RECIPE, Breast, meat and skin with breading	212.0	1.0 breast, with skin	0.352
21425	KFC, Fried Chicken, ORIGINAL RECIPE, Breast, meat only, skin and breading removed	152.0	1.0 breast without skin	0.313
21435	KFC, Fried Chicken, ORIGINAL RECIPE, Drumstick, meat and skin with breading	75.0	1.0 drumstick, with skin	0.127
21426	KFC, Fried Chicken, ORIGINAL RECIPE, Drumstick, meat only, skin and breading removed	40.0	1.0 drumstick, bone and skin removed	0.080
21436	KFC, Fried Chicken, ORIGINAL RECIPE, Thigh, meat and skin with breading	135.0	1.0 thigh, with skin	0.196
21427	KFC, Fried Chicken, ORIGINAL RECIPE, Thigh, meat only, skin and breading removed	86.0	1.0 thigh without skin	0.150
21437	KFC, Fried Chicken, ORIGINAL RECIPE, Wing, meat and skin with breading	60.0	1.0 wing, with skin	0.100
21428	KFC, Fried Chicken, ORIGINAL RECIPE, Wing, meat only, skin and breading removed	39.0	1.0 wing wing without skin	0.085
21422	KFC, Popcorn Chicken	6.4	1.0 piece	0.015
07968	Kielbasa, fully cooked, grilled	85.0	3.0 oz	0.105
07969	Kielbasa, fully cooked, pan-fried	370.0	1.0 link	0.455
07970	Kielbasa, fully cooked, unheated	85.0	3.0 oz	0.093
09148	Kiwifruit, green, raw	180.0	1.0 cup, sliced	0.027
07038	Knackwurst, knockwurst, pork, beef	72.0	1.0 link	0.099
11793	Kohlrabi, cooked, boiled, drained, with salt	165.0	1.0 cup slices	0.018
11242	Kohlrabi, cooked, boiled, drained, without salt	165.0	1.0 cup slices	0.018
11241	Kohlrabi, raw	135.0	1.0 cup	0.014
17281	Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, cooked	85.0	3.0 oz	0.243
17280	Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.059

NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure
17283	Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, cooked	85.0	3.0 oz	0.265
17282	Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.067
17449	Lamb, Australian, imported, fresh, external fat, cooked	85.0	3.0 oz	0.149
17287	Lamb, Australian, imported, fresh, foreshank, separable lean and fat, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	0.246
17286	Lamb, Australian, imported, fresh, foreshank, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.062
17289	Lamb, Australian, imported, fresh, foreshank, separable lean only, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	0.273
17288	Lamb, Australian, imported, fresh, foreshank, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.069
17453	Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.243
17454	Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean and fat, trimmed to 1/8" fat, raw	114.0	4.0 oz	0.249
17439	Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.252
17444	Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean only, trimmed to 1/8" fat, raw	114.0	4.0 oz	0.263
17307	Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	0.253
17306	Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.064
17309	Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean only, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	0.265
17308	Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.068
17455	Lamb, Australian, imported, fresh, leg, hindshank, heel on, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	0.261
17456	Lamb, Australian, imported, fresh, leg, hindshank, heel on, bone-in, separable lean and fat, trimmed to 1/8" fat, raw	114.0	4.0 oz	0.244
17440	Lamb, Australian, imported, fresh, leg, hindshank, heel on, bone-in, separable lean only, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	0.271
17441	Lamb, Australian, imported, fresh, leg, hindshank, heel on, bone-in, separable lean only, trimmed to 1/8" fat, raw	114.0	4.0 oz	0.267
17295	Lamb, Australian, imported, fresh, leg, shank half, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.251
17294	Lamb, Australian, imported, fresh, leg, shank half, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.062
17297	Lamb, Australian, imported, fresh, leg, shank half, separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.269
17296	Lamb, Australian, imported, fresh, leg, shank half, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.068

NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure
17303	Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	0.256
17302	Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.061
17305	Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean only, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	0.275
17304	Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.068
17299	Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.247
17298	Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.057
17301	Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.275
17300	Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.068
17457	Lamb, Australian, imported, fresh, leg, trotter off, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.266
17458	Lamb, Australian, imported, fresh, leg, trotter off, bone-in, separable lean and fat, trimmed to 1/8" fat, raw	114.0	4.0 oz	0.260
17445	Lamb, Australian, imported, fresh, leg, trotter off, bone-in, separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.283
17446	Lamb, Australian, imported, fresh, leg, trotter off, bone-in, separable lean only, trimmed to 1/8" fat, raw	114.0	4.0 oz	0.274
17291	Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.250
17290	Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.060
17293	Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.271
17292	Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.068
17311	Lamb, Australian, imported, fresh, loin, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	0.253
17310	Lamb, Australian, imported, fresh, loin, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.064
17313	Lamb, Australian, imported, fresh, loin, separable lean only, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	0.264
17312	Lamb, Australian, imported, fresh, loin, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.069
17463	Lamb, Australian, imported, fresh, rack, roast, frenched, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.230
17448	Lamb, Australian, imported, fresh, rack, roast, frenched, bone-in, separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.247



NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure
17462	Lamb, Australian, imported, fresh, rack, roast, frenched, denuded, bone-in, separable lean and fat, trimmed to 0" fat, cooked, roasted	85.0	3.0 oz	0.230
17447	Lamb, Australian, imported, fresh, rack, roast, frenched, denuded, bone-in, separable lean only, trimmed to 0" fat, cooked, roasted	85.0	3.0 oz	0.234
17315	Lamb, Australian, imported, fresh, rib chop, frenched, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, grilled	85.0	3.0 oz	0.252
17317	Lamb, Australian, imported, fresh, rib chop, frenched, bone-in, separable lean only, trimmed to 1/8" fat, cooked, grilled	85.0	3.0 oz	0.284
17464	Lamb, Australian, imported, fresh, rib chop, frenched, denuded, bone-in, separable lean and fat, trimmed to 0" fat, cooked, grilled	85.0	3.0 oz	0.273
17461	Lamb, Australian, imported, fresh, rib chop, frenched, denuded, bone-in, separable lean only, trimmed to 0" fat, cooked, grilled	85.0	3.0 oz	0.292
17314	Lamb, Australian, imported, fresh, rib chop/rack roast, frenched, bone-in, separable lean and fat, trimmed to 1/8" fat, raw	114.0	4.0 oz	0.252
17316	Lamb, Australian, imported, fresh, rib chop/rack roast, frenched, bone-in, separable lean only, trimmed to 1/8" fat, raw	114.0	4.0 oz	0.285
17285	Lamb, Australian, imported, fresh, separable fat, cooked	85.0	3.0 oz	0.094
17284	Lamb, Australian, imported, fresh, separable fat, raw	28.35	1.0 oz	0.021
17329	Lamb, Australian, imported, fresh, shoulder ,blade, separable lean only, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	0.236
17323	Lamb, Australian, imported, fresh, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	0.295
17322	Lamb, Australian, imported, fresh, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.056
17325	Lamb, Australian, imported, fresh, shoulder, arm, separable lean only, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	0.339
17324	Lamb, Australian, imported, fresh, shoulder, arm, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.066
17327	Lamb, Australian, imported, fresh, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	0.216
17326	Lamb, Australian, imported, fresh, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.055
17328	Lamb, Australian, imported, fresh, shoulder, blade, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.063
17319	Lamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, cooked	85.0	3.0 oz	0.234
17318	Lamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.055
17320	Lamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.064
17321	Lamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable lean only, trimmed to 1/8" fat, cooked	85.0	3.0 oz	0.260

NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure
17459	Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.273
17460	Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean and fat, trimmed to 1/8" fat, raw	114.0	4.0 oz	0.275
17442	Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.274
17443	Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean only, trimmed to 1/8" fat, raw	114.0	4.0 oz	0.277
17006	Lamb, domestic, composite of trimmed retail cuts, separable fat, trimmed to 1/4" fat, choice, cooked	85.0	3.0 oz	0.121
17005	Lamb, domestic, composite of trimmed retail cuts, separable fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.022
17002	Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/4" fat, choice, cooked	85.0	3.0 oz	0.244
17001	Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.056
17227	Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, cooked	85.0	3.0 oz	0.253
17226	Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.058
17004	Lamb, domestic, composite of trimmed retail cuts, separable lean only, trimmed to 1/4" fat, choice, cooked	85.0	3.0 oz	0.280
17003	Lamb, domestic, composite of trimmed retail cuts, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.067
17060	Lamb, domestic, cubed for stew or kabob (leg and shoulder), separable lean only, trimmed to 1/4" fat, cooked, braised	85.0	3.0 oz	0.335
17061	Lamb, domestic, cubed for stew or kabob (leg and shoulder), separable lean only, trimmed to 1/4" fat, cooked, broiled	85.0	3.0 oz	0.279
17059	Lamb, domestic, cubed for stew or kabob (leg and shoulder), separable lean only, trimmed to 1/4" fat, raw	28.35	1.0 oz	0.067
17008	Lamb, domestic, foreshank, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	148.0	1.0 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0.491
17007	Lamb, domestic, foreshank, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.063
17228	Lamb, domestic, foreshank, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.063
17229	Lamb, domestic, foreshank, separable lean and fat, trimmed to 1/8" fat, cooked, braised	148.0	1.0 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0.491
17010	Lamb, domestic, foreshank, separable lean only, trimmed to 1/4" fat, choice, cooked, braised	128.0	1.0 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0.463
17009	Lamb, domestic, foreshank, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.070
17016	Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.263
17015	Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.062
17233	Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.265
17232	Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.063

NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure
17018	Lamb, domestic, leg, shank half, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.280
17017	Lamb, domestic, leg, shank half, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.068
17020	Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.245
17019	Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.056
17235	Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.248
17234	Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.057
17022	Lamb, domestic, leg, sirloin half, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.281
17021	Lamb, domestic, leg, sirloin half, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.068
17012	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.254
17011	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.059
17231	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.260
17230	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.061
17014	Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.281
17013	Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.068
17024	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	0.250
17025	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.224
17023	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.054
17237	Lamb, domestic, loin, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	0.259
17238	Lamb, domestic, loin, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.231
17236	Lamb, domestic, loin, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.057
17027	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	0.298
17028	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.264
17026	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.069
17030	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	0.220
17031	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.210
17029	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.048
17240	Lamb, domestic, rib, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	0.230
17241	Lamb, domestic, rib, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.217
17239	Lamb, domestic, rib, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.051
17033	Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	147.0	1.0 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0.476
17034	Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.260
17032	Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.066

NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure
17044	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	85.0	3.0 oz	0.302
17045	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	0.243
17046	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.224
17043	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.056
17247	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	0.309
17246	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.057
17249	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, choice, roasted	85.0	3.0 oz	0.228
17248	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	0.247
17048	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, braised	85.0	3.0 oz	0.353
17049	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	0.275
17050	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.253
17047	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.066
17052	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	85.0	3.0 oz	0.283
17053	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	0.230
17054	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.221
17051	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.055
17251	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	0.287
17252	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	0.233
17253	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.224
17250	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.056
17056	Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, cooked, braised	85.0	3.0 oz	0.321
17057	Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	0.253
17058	Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.245
17055	Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.064
17036	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	85.0	3.0 oz	0.285
17037	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	0.242
17038	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.224
17035	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.055
17243	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	0.292
17244	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	0.237

NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure
17245	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.225
17242	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.056
17040	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, braised	85.0	3.0 oz	0.326
17041	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	0.269
17042	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.247
17039	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.065
17225	Lamb, ground, cooked, broiled	85.0	3.0 oz	0.246
17224	Lamb, ground, raw	28.35	1.0 oz	0.055
17357	Lamb, New Zealand, imported, brains, cooked, soaked and fried	85.0	3.0 oz	0.132
17358	Lamb, New Zealand, imported, brains, raw	113.0	4.0 oz	0.141
17359	Lamb, New Zealand, imported, breast, separable lean only, cooked, braised	85.0	3.0 oz	0.264
17360	Lamb, New Zealand, imported, breast, separable lean only, raw	113.0	4.0 oz	0.228
17361	Lamb, New Zealand, imported, chump, boneless, separable lean only, cooked, fast roasted	85.0	3.0 oz	0.223
17363	Lamb, New Zealand, imported, chump, boneless, separable lean only, raw	113.0	4.0 oz	0.271
17401	Lamb, New Zealand, imported, flap, boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	0.192
17402	Lamb, New Zealand, imported, flap, boneless, separable lean and fat, raw	113.0	4.0 oz	0.202
17365	Lamb, New Zealand, imported, flap, boneless, separable lean only, cooked, braised	85.0	3.0 oz	0.262
17366	Lamb, New Zealand, imported, flap, boneless, separable lean only, raw	113.0	4.0 oz	0.271
17069	Lamb, New Zealand, imported, fore-shank, separable lean and fat, cooked, braised	85.0	1.0 serving	0.286
17068	Lamb, New Zealand, imported, fore-shank, separable lean and fat, raw	115.0	1.0 serving	0.255
17071	Lamb, New Zealand, imported, fore-shank, separable lean only, cooked, braised	85.0	1.0 serving	0.313
17070	Lamb, New Zealand, imported, fore-shank, separable lean only, raw	115.0	1.0 serving	0.281
17067	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable fat, cooked	85.0	3.0 oz	0.096
17066	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable fat, raw	28.35	1.0 oz	0.023
17063	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, cooked	85.0	3.0 oz	0.242
17062	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, raw	28.35	1.0 oz	0.056
17255	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, cooked	85.0	3.0 oz	0.251
17254	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.060
17065	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean only, cooked	85.0	3.0 oz	0.294
17064	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean only, raw	28.35	1.0 oz	0.069

NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure
17257	Lamb, New Zealand, imported, frozen, foreshank, separable lean and fat, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	0.268
17256	Lamb, New Zealand, imported, frozen, foreshank, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.060
17073	Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, cooked, roasted	85.0	3.0 oz	0.246
17259	Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.252
17258	Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.062
17075	Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean only, cooked, roasted	85.0	3.0 oz	0.275
17077	Lamb, New Zealand, imported, frozen, loin, separable lean and fat, cooked, broiled	85.0	3.0 oz	0.233
17261	Lamb, New Zealand, imported, frozen, loin, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	0.242
17260	Lamb, New Zealand, imported, frozen, loin, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.057
17079	Lamb, New Zealand, imported, frozen, loin, separable lean only, cooked, broiled	85.0	3.0 oz	0.292
17263	Lamb, New Zealand, imported, frozen, rib, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.197
17262	Lamb, new zealand, imported, frozen, rib, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.053
17085	Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, cooked, braised	85.0	3.0 oz	0.280
17265	Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	0.292
17264	Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.057
17087	Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean only, cooked, braised	85.0	3.0 oz	0.338
17370	Lamb, New Zealand, imported, ground lamb, cooked, braised	85.0	3.0 oz	0.212
17371	Lamb, New Zealand, imported, ground lamb, raw	113.0	4.0 oz	0.254
17372	Lamb, New Zealand, imported, heart, cooked, soaked and simmered	85.0	3.0 oz	0.246
17373	Lamb, New Zealand, imported, heart, raw	113.0	4.0 oz	0.226
17403	Lamb, New Zealand, imported, hind-shank, separable lean and fat, cooked, braised	85.0	3.0 oz	0.278
17404	Lamb, New Zealand, imported, hind-shank, separable lean and fat, raw	113.0	4.0 oz	0.229
17390	Lamb, New Zealand, imported, hind-shank, separable lean only, cooked, braised	85.0	3.0 oz	0.305
17391	Lamb, New Zealand, imported, hind-shank, separable lean only, raw	113.0	4.0 oz	0.255
17364	Lamb, New Zealand, imported, kidney, cooked, soaked and fried	85.0	3.0 oz	0.186
17367	Lamb, New Zealand, imported, kidney, raw	113.0	4.0 oz	0.190
17405	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean and fat, cooked, fast fried	85.0	3.0 oz	0.228
17072	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean and fat, raw	115.0	1.0 serving	0.237

NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure
17400	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean only, cooked, fast fried	85.0	3.0 oz	0.247
17074	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean only, raw	115.0	1.0 serving	0.268
17368	Lamb, New Zealand, imported, liver, cooked, soaked and fried	85.0	3.0 oz	0.242
17369	Lamb, New Zealand, imported, liver, raw	113.0	4.0 oz	0.259
17406	Lamb, New Zealand, imported, loin chop, separable lean and fat, cooked, fast fried	85.0	3.0 oz	0.202
17076	Lamb, New Zealand, imported, loin chop, separable lean and fat, raw	115.0	1.0 serving	0.196
17398	Lamb, New Zealand, imported, loin chop, separable lean only, cooked, fast fried	85.0	3.0 oz	0.258
17078	Lamb, New Zealand, imported, loin chop, separable lean only, raw	115.0	1.0 serving	0.254
17407	Lamb, New Zealand, imported, loin saddle, separable lean and fat, cooked, fast roasted	85.0	3.0 oz	0.199
17408	Lamb, New Zealand, imported, loin saddle, separable lean and fat, raw	113.0	4.0 oz	0.207
17386	Lamb, New Zealand, imported, loin saddle, separable lean only, cooked, fast roasted	85.0	3.0 oz	0.240
17387	Lamb, New Zealand, imported, loin saddle, separable lean only, raw	113.0	4.0 oz	0.261
17409	Lamb, New Zealand, imported, loin, boneless, separable lean and fat, cooked, fast roasted	85.0	3.0 oz	0.272
17410	Lamb, New Zealand, imported, loin, boneless, separable lean and fat, raw	113.0	4.0 oz	0.268
17388	Lamb, New Zealand, imported, loin, boneless, separable lean only, cooked, fast roasted	85.0	3.0 oz	0.272
17389	Lamb, New Zealand, imported, loin, boneless, separable lean only, raw	113.0	4.0 oz	0.269
17411	Lamb, New Zealand, imported, neck chops, separable lean and fat, cooked, braised	85.0	3.0 oz	0.268
17412	Lamb, New Zealand, imported, neck chops, separable lean and fat, raw	113.0	4.0 oz	0.225
17393	Lamb, New Zealand, imported, neck chops, separable lean only, cooked, braised	85.0	3.0 oz	0.295
17392	Lamb, New Zealand, imported, neck chops, separable lean only, raw	113.0	4.0 oz	0.257
17413	Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean and fat, cooked, slow roasted	85.0	3.0 oz	0.201
17414	Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean and fat, raw	113.0	4.0 oz	0.211
17394	Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean only, cooked, slow roasted	85.0	3.0 oz	0.236
17395	Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean only, raw	113.0	4.0 oz	0.252
17419	Lamb, New Zealand, imported, rack - fully frenched, separable lean and fat, cooked, fast roasted	85.0	3.0 oz	0.221
17420	Lamb, New Zealand, imported, rack - fully frenched, separable lean and fat, raw	113.0	4.0 oz	0.249
17396	Lamb, New Zealand, imported, rack - fully frenched, separable lean only, cooked, fast roasted	85.0	3.0 oz	0.230
17397	Lamb, New Zealand, imported, rack - fully frenched, separable lean only, raw	113.0	4.0 oz	0.258
17081	Lamb, New Zealand, imported, rack - partly frenched, separable lean and fat, cooked, fast roasted	85.0	1.0 serving	0.207
17080	Lamb, New Zealand, imported, rack - partly frenched, separable lean and fat, raw	115.0	1.0 serving	0.230
17083	Lamb, New Zealand, imported, rack - partly frenched, separable lean only, cooked, fast roasted	85.0	1.0 serving	0.230
17082	Lamb, New Zealand, imported, rack - partly frenched, separable lean only, raw	115.0	1.0 serving	0.262
17415	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean and fat, cooked, braised	85.0	3.0 oz	0.252
17416	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean and fat, raw	113.0	4.0 oz	0.212

NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure
17382	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean only, cooked, braised	85.0	3.0 oz	0.292
17383	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean only, raw	113.0	4.0 oz	0.258
17417	Lamb, New Zealand, imported, square-cut shoulder, separable lean and fat, cooked, slow roasted	85.0	3.0 oz	0.196
17084	Lamb, New Zealand, imported, square-cut shoulder, separable lean and fat, raw	115.0	1.0 serving	0.206
17399	Lamb, New Zealand, imported, square-cut shoulder, separable lean only, cooked, slow roasted	85.0	3.0 oz	0.235
17086	Lamb, New Zealand, imported, square-cut shoulder, separable lean only, raw	115.0	1.0 serving	0.251
17374	Lamb, New Zealand, imported, sweetbread, cooked, soaked and simmered	85.0	3.0 oz	0.199
17375	Lamb, New Zealand, imported, sweetbread, raw	113.0	4.0 oz	0.138
17418	Lamb, New Zealand, imported, tenderloin, separable lean and fat, cooked, fast fried	85.0	3.0 oz	0.262
17423	Lamb, New Zealand, imported, tenderloin, separable lean and fat, raw	113.0	4.0 oz	0.255
17384	Lamb, New Zealand, imported, tenderloin, separable lean only, cooked, fast fried	85.0	3.0 oz	0.263
17385	Lamb, New Zealand, imported, tenderloin, separable lean only, raw	113.0	4.0 oz	0.257
17376	Lamb, New Zealand, imported, testes, cooked, soaked and fried	85.0	3.0 oz	0.197
17377	Lamb, New Zealand, imported, testes, raw	113.0	4.0 oz	0.142
17378	Lamb, New Zealand, imported, tongue - swiss cut, cooked, soaked and simmered	85.0	3.0 oz	0.165
17421	Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean and fat, cooked, slow roasted	85.0	3.0 oz	0.220
17422	Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean and fat, raw	113.0	4.0 oz	0.231
17380	Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean only, cooked, slow roasted	85.0	3.0 oz	0.238
17381	Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean only, raw	113.0	4.0 oz	0.261
17186	Lamb, variety meats and by-products, brain, cooked, braised	85.0	3.0 oz	0.110
17187	Lamb, variety meats and by-products, brain, cooked, pan-fried	85.0	3.0 oz	0.149
17185	Lamb, variety meats and by-products, brain, raw	28.35	1.0 oz	0.030
17192	Lamb, variety meats and by-products, heart, cooked, braised	85.0	3.0 oz	0.230
17191	Lamb, variety meats and by-products, heart, raw	28.35	1.0 oz	0.050
17196	Lamb, variety meats and by-products, kidneys, cooked, braised	85.0	3.0 oz	0.271
17195	Lamb, variety meats and by-products, kidneys, raw	28.35	1.0 oz	0.060
17200	Lamb, variety meats and by-products, liver, cooked, braised	85.0	3.0 oz	0.302
17201	Lamb, variety meats and by-products, liver, cooked, pan-fried	85.0	3.0 oz	0.252
17199	Lamb, variety meats and by-products, liver, raw	28.35	1.0 oz	0.067
17206	Lamb, variety meats and by-products, lungs, cooked, braised	85.0	3.0 oz	0.173
17205	Lamb, variety meats and by-products, lungs, raw	28.35	1.0 oz	0.048
17211	Lamb, variety meats and by-products, pancreas, cooked, braised	85.0	3.0 oz	0.248
17210	Lamb, variety meats and by-products, pancreas, raw	28.35	1.0 oz	0.054
17215	Lamb, variety meats and by-products, spleen, cooked, braised	85.0	3.0 oz	0.248



NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure
17214	Lamb, variety meats and by-products, spleen, raw	28.35	1.0 oz	0.054
17221	Lamb, variety meats and by-products, tongue, cooked, braised	85.0	3.0 oz	0.185
17220	Lamb, variety meats and by-products, tongue, raw	28.35	1.0 oz	0.045
11794	Lambsquarters, cooked, boiled, drained, with salt	180.0	1.0 cup, chopped	0.052
11245	Lambsquarters, cooked, boiled, drained, without salt	180.0	1.0 cup, chopped	0.052
04002	Lard	12.8	1.0 tbsp	0.000
22916	Lasagna with meat & sauce, frozen entree	134.0	1.0 piece side	0.103
22977	Lasagna with meat sauce, frozen, prepared	123.0	1.0 piece side	0.105
22910	Lasagna, cheese, frozen, prepared	225.0	1.0 cup 1 serving	0.146
22956	Lasagna, Vegetable, frozen, baked	227.0	1.0 serving	0.252
22962	LEAN POCKETS, Ham N Cheddar	127.0	1.0 hot pocket (1 NLEA serving)	0.182
22963	Lean Pockets, Meatballs & Mozzarella	128.0	1.0 each	0.183
18375	Leavening agents, yeast, baker's, active dry	4.0	1.0 tsp	0.022
18374	Leavening agents, yeast, baker's, compressed	17.0	1.0 cake (0.6 oz)	0.018
11795	Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, with salt	124.0	1.0 leek	0.007
11247	Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, without salt	124.0	1.0 leek	0.007
11246	Leeks, (bulb and lower leaf-portion), raw	89.0	1.0 cup	0.011
11624	Leeks, (bulb and lower-leaf portion), freeze-dried	0.2	1.0 tbsp	0.000
16370	Lentils, mature seeds, cooked, boiled, with salt	198.0	1.0 cup	0.160
16070	Lentils, mature seeds, cooked, boiled, without salt	198.0	1.0 cup	0.160
16144	Lentils, pink or red, raw	192.0	1.0 cup	0.428
16069	Lentils, raw	192.0	1.0 cup	0.424
11250	Lettuce, butterhead (includes boston and bibb types), raw	55.0	1.0 cup, shredded or chopped	0.007
11251	Lettuce, cos or romaine, raw	47.0	1.0 cup shredded	0.005
11253	Lettuce, green leaf, raw	36.0	1.0 cup shredded	0.003
11252	Lettuce, iceberg (includes crisphead types), raw	72.0	1.0 cup shredded	0.006
11257	Lettuce, red leaf, raw	28.0	1.0 cup shredded	0.006
11715	Lima beans, immature seeds, canned, no salt added, solids and liquids	248.0	1.0 cup	0.134
11033	Lima beans, immature seeds, canned, regular pack, solids and liquids	124.0	0.5 cup	0.067
11714	Lima beans, immature seeds, cooked, boiled, drained, with salt	170.0	1.0 cup	0.151
11032	Lima beans, immature seeds, cooked, boiled, drained, without salt	170.0	1.0 cup	0.151
11716	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, with salt	180.0	1.0 cup	0.157
11040	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt	180.0	1.0 cup	0.157
11039	Lima beans, immature seeds, frozen, baby, unprepared	164.0	1.0 cup	0.164
11717	Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, with salt	170.0	1.0 cup	0.136
11038	Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, without salt	170.0	1.0 cup	0.136

NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure
11037	Lima beans, immature seeds, frozen, fordhook, unprepared	160.0	1.0 cup	0.134
11031	Lima beans, immature seeds, raw	156.0	1.0 cup	0.140
16073	Lima beans, large, mature seeds, canned	241.0	1.0 cup	0.140
16372	Lima beans, large, mature seeds, cooked, boiled, with salt	188.0	1.0 cup	0.173
16072	Lima beans, large, mature seeds, cooked, boiled, without salt	188.0	1.0 cup	0.173
16071	Lima beans, large, mature seeds, raw	178.0	1.0 cup	0.452
16375	Lima beans, thin seeded (baby), mature seeds, cooked, boiled, with salt	182.0	1.0 cup	0.173
16075	Lima beans, thin seeded (baby), mature seeds, cooked, boiled, without salt	182.0	1.0 cup	0.173
16074	Lima beans, thin seeded (baby), mature seeds, raw	202.0	1.0 cup	0.493
09160	Lime juice, raw	242.0	1.0 cup	0.005
09159	Limes, raw	67.0	1.0 fruit (2" dia)	0.002
09165	Litchis, dried	2.5	1.0 fruit	0.001
09164	Litchis, raw	190.0	1.0 cup	0.013
21290	LITTLE CAESARS 14" Cheese Pizza, Large Deep Dish Crust	102.0	1.0 slice	0.159
21292	LITTLE CAESARS 14" Cheese Pizza, Thin Crust	48.0	1.0 slice	0.065
21287	LITTLE CAESARS 14" Original Round Cheese Pizza, Regular Crust	89.0	1.0 slice	0.134
21289	LITTLE CAESARS 14" Original Round Meat and Vegetable Pizza, Regular Crust	115.0	1.0 slice	0.130
21288	LITTLE CAESARS 14" Original Round Pepperoni Pizza, Regular Crust	90.0	1.0 slice	0.117
21291	LITTLE CAESARS 14" Pepperoni Pizza, Large Deep Dish Crust	104.0	1.0 slice	0.114
07040	Liver cheese, pork	28.35	1.0 oz	0.058
07041	Liver sausage, liverwurst, pork	18.0	1.0 slice (2-1/2" dia x 1/4" thick)	0.027
07911	Liverwurst spread	55.0	0.25 cup	0.083
09174	Loquats, raw	149.0	1.0 cup, cubed	0.007
11796	Lotus root, cooked, boiled, drained, with salt	60.0	0.5 cup	0.007
11255	Lotus root, cooked, boiled, drained, without salt	60.0	0.5 cup	0.007
11254	Lotus root, raw	81.0	10.0 slices (2-1/2" dia)	0.016
07045	Luncheon meat, pork, canned	28.35	1.0 oz	0.035
07090	Luncheon sausage, pork and beef	23.0	1.0 slice (4" dia x 1/8" thick)	0.037
16377	Lupins, mature seeds, cooked, boiled, with salt	166.0	1.0 cup	0.208
16077	Lupins, mature seeds, cooked, boiled, without salt	166.0	1.0 cup	0.208
16076	Lupins, mature seeds, raw	180.0	1.0 cup	0.520
07060	Luxury loaf, pork	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	0.060
22959	Macaroni and cheese dinner with dry sauce mix, boxed, uncooked	70.0	1.0 serving (makes about 1 cup prepared)	0.155
07940	Macaroni and cheese loaf, chicken, pork and beef	38.0	1.0 slice	0.055
32004	Macaroni and cheese, box mix with cheese sauce, unprepared	25.0	1.0 serving (3.5 oz)	0.037
22960	Macaroni and cheese, dry mix, prepared with 2% milk and 80% stick margarine from dry mix	198.0	1.0 cup	0.119

NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure
20106	Macaroni, vegetable, enriched, cooked	134.0	1.0 cup spiral shaped	0.078
20105	Macaroni, vegetable, enriched, dry	84.0	1.0 cup spiral shaped	0.141
09175	Mammy-apple, (mamey), raw	846.0	1.0 fruit without refuse	0.042
09176	Mangos, raw	165.0	1.0 cup pieces	0.021
04073	Margarine, regular, hard, soybean (hydrogenated)	4.7	1.0 tsp	0.001
04128	Margarine-like, vegetable oil spread, unspecified oils, approximately 37% fat, with salt	14.9	1.0 tbsp	0.001
19303	Marmalade, orange	20.0	1.0 tbsp	0.001
21524	McDONALD'S, RANCH SNACK WRAP, Grilled	123.0	1.0 wrap	0.165
21340	McDONALD'S, Sausage Burrito	109.0	1.0 burrito	0.137
16106	Meat extender	88.0	1.0 cup	0.505
09181	Melons, cantaloupe, raw	177.0	1.0 cup, balls	0.004
09184	Melons, honeydew, raw	170.0	1.0 cup, diced (approx 20 pieces per cup)	0.008
01110	Milk shakes, thick chocolate	28.4	1.0 fl oz	0.012
01111	Milk shakes, thick vanilla	28.4	1.0 fl oz	0.015
01076	Milk substitutes, fluid, with lauric acid oil	244.0	1.0 cup	0.059
01094	Milk, buttermilk, dried	30.0	0.25 cup	0.145
01088	Milk, buttermilk, fluid, cultured, lowfat	245.0	1.0 cup	0.103
42189	Milk, buttermilk, fluid, cultured, reduced fat	245.0	1.0 cup	0.127
01230	Milk, buttermilk, fluid, whole	245.0	1.0 cup	0.100
01095	Milk, canned, condensed, sweetened	38.2	1.0 fl oz	0.043
01097	Milk, canned, evaporated, nonfat, with added vitamin A and vitamin D	31.9	1.0 fl oz	0.034
01153	Milk, canned, evaporated, with added vitamin A	31.5	1.0 fl oz	0.030
01096	Milk, canned, evaporated, with added vitamin D and without added vitamin A	31.5	1.0 fl oz	0.030
01214	Milk, canned, evaporated, without added vitamin A and vitamin D	252.0	1.0 cup	0.242
01105	Milk, chocolate beverage, hot cocoa, homemade	250.0	1.0 cup	0.092
01202	Milk, chocolate, fluid, commercial, reduced fat, with added calcium	250.0	1.0 cup	0.112
01103	Milk, chocolate, fluid, commercial, reduced fat, with added vitamin A and vitamin D	250.0	1.0 cup	0.095
01102	Milk, chocolate, fluid, commercial, whole, with added vitamin A and vitamin D	250.0	1.0 cup	0.102
01104	Milk, chocolate, lowfat, with added vitamin A and vitamin D	250.0	1.0 cup	0.125
01093	Milk, dry, nonfat, calcium reduced	28.35	1.0 oz	0.142
01092	Milk, dry, nonfat, instant, with added vitamin A and vitamin D	68.0	1.0 cup	0.337
01155	Milk, dry, nonfat, instant, without added vitamin A and vitamin D	68.0	1.0 cup	0.337
01154	Milk, dry, nonfat, regular, with added vitamin A and vitamin D	30.0	0.25 cup	0.153
01091	Milk, dry, nonfat, regular, without added vitamin A and vitamin D	30.0	0.25 cup	0.153
01090	Milk, dry, whole, with added vitamin D	32.0	0.25 cup	0.119
01212	Milk, dry, whole, without added vitamin D	128.0	1.0 cup	0.475

NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure
01291	Milk, evaporated, 2% fat, with added vitamin A and vitamin D	252.0	1.0 cup	0.242
01059	Milk, filled, fluid, with blend of hydrogenated vegetable oils	244.0	1.0 cup	0.115
01060	Milk, filled, fluid, with lauric acid oil	244.0	1.0 cup	0.115
01175	Milk, fluid, 1% fat, without added vitamin A and vitamin D	244.0	1.0 cup	0.105
01106	Milk, goat, fluid, with added vitamin D	30.5	1.0 fl oz	0.013
01107	Milk, human, mature, fluid	30.8	1.0 fl oz	0.005
01108	Milk, indian buffalo, fluid	244.0	1.0 cup	0.129
01089	Milk, low sodium, fluid	244.0	1.0 cup	0.107
01084	Milk, lowfat, fluid, 1% milkfat, protein fortified, with added vitamin A and vitamin D	246.0	1.0 cup	0.135
01083	Milk, lowfat, fluid, 1% milkfat, with added nonfat milk solids, vitamin A and vitamin D	245.0	1.0 cup	0.120
01082	Milk, lowfat, fluid, 1% milkfat, with added vitamin A and vitamin D	244.0	1.0 cup	0.105
01087	Milk, nonfat, fluid, protein fortified, with added vitamin A and vitamin D (fat free and skim)	246.0	1.0 cup	0.138
01086	Milk, nonfat, fluid, with added nonfat milk solids, vitamin A and vitamin D (fat free or skim)	245.0	1.0 cup	0.122
01085	Milk, nonfat, fluid, with added vitamin A and vitamin D (fat free or skim)	245.0	1.0 cup	0.105
01151	Milk, nonfat, fluid, without added vitamin A and vitamin D (fat free or skim)	245.0	1.0 cup	0.105
01078	Milk, producer, fluid, 3.7% milkfat	244.0	1.0 cup	0.112
01081	Milk, reduced fat, fluid, 2% milkfat, protein fortified, with added vitamin A and vitamin D	246.0	1.0 cup	0.138
01080	Milk, reduced fat, fluid, 2% milkfat, with added nonfat milk solids and vitamin A and vitamin D	245.0	1.0 cup	0.120
01152	Milk, reduced fat, fluid, 2% milkfat, with added nonfat milk solids, without added vitamin A	245.0	1.0 cup	0.122
01079	Milk, reduced fat, fluid, 2% milkfat, with added vitamin A and vitamin D	244.0	1.0 cup	0.102
01174	Milk, reduced fat, fluid, 2% milkfat, without added vitamin A and vitamin D	246.0	1.0 cup	0.103
01109	Milk, sheep, fluid	245.0	1.0 cup	0.206
01077	Milk, whole, 3.25% milkfat, with added vitamin D	244.0	1.0 cup	0.098
01211	Milk, whole, 3.25% milkfat, without added vitamin A and vitamin D	244.0	1.0 cup	0.098
20647	Millet flour	119.0	1.0 cup	0.202
20032	Millet, cooked	174.0	1.0 cup	0.066
20031	Millet, raw	200.0	1.0 cup	0.238
16112	Miso	17.0	1.0 tbsp	0.026
15156	Mollusks, abalone, mixed species, cooked, fried	85.0	3.0 oz	0.190
15155	Mollusks, abalone, mixed species, raw	85.0	3.0 oz	0.163
15160	Mollusks, clam, mixed species, canned, drained solids	85.0	3.0 oz	0.288
15158	Mollusks, clam, mixed species, cooked, breaded and fried	85.0	3.0 oz	0.143
15159	Mollusks, clam, mixed species, cooked, moist heat	85.0	3.0 oz	0.243
15157	Mollusks, clam, mixed species, raw	85.0	3.0 oz	0.174
15229	Mollusks, cuttlefish, mixed species, cooked, moist heat	85.0	3.0 oz	0.309
15163	Mollusks, cuttlefish, mixed species, raw	85.0	3.0 oz	0.155

NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure
15165	Mollusks, mussel, blue, cooked, moist heat	85.0	3.0 oz	0.227
15164	Mollusks, mussel, blue, raw	150.0	1.0 cup	0.200
15230	Mollusks, octopus, common, cooked, moist heat	85.0	3.0 oz	0.284
15166	Mollusks, octopus, common, raw	85.0	3.0 oz	0.142
15170	Mollusks, oyster, eastern, canned	85.0	3.0 oz	0.067
15168	Mollusks, oyster, eastern, cooked, breaded and fried	85.0	3.0 oz	0.089
15246	Mollusks, oyster, eastern, farmed, cooked, dry heat	85.0	3.0 oz	0.066
15245	Mollusks, oyster, eastern, farmed, raw	85.0	3.0 oz	0.050
15244	Mollusks, oyster, eastern, wild, cooked, dry heat	85.0	3.0 oz	0.091
15169	Mollusks, oyster, eastern, wild, cooked, moist heat	85.0	3.0 oz	0.117
15167	Mollusks, oyster, eastern, wild, raw	84.0	6.0 medium	0.058
15231	Mollusks, oyster, Pacific, cooked, moist heat	25.0	1.0 medium	0.053
15171	Mollusks, oyster, Pacific, raw	50.0	1.0 medium	0.053
90240	Mollusks, scallop, (bay and sea), cooked, steamed	85.0	3.0 oz	0.147
15173	Mollusks, scallop, mixed species, cooked, breaded and fried	31.0	2.0 large	0.065
15174	Mollusks, scallop, mixed species, imitation, made from surimi	85.0	3.0 oz	0.066
15172	Mollusks, scallop, mixed species, raw	30.0	1.0 unit 2 large or 5 small	0.031
15176	Mollusks, squid, mixed species, cooked, fried	85.0	3.0 oz	0.172
15175	Mollusks, squid, mixed species, raw	28.35	1.0 oz, boneless	0.049
15178	Mollusks, whelk, unspecified, cooked, moist heat	85.0	3.0 oz	0.525
15177	Mollusks, whelk, unspecified, raw	85.0	3.0 oz	0.263
16163	MORI-NU, Tofu, silken, extra firm	84.0	1.0 slice	0.103
16162	MORI-NU, Tofu, silken, firm	84.0	1.0 slice	0.071
16165	MORI-NU, Tofu, silken, lite extra firm	84.0	1.0 slice	0.081
16164	MORI-NU, Tofu, silken, lite firm	84.0	1.0 slice	0.080
16161	MORI-NU, Tofu, silken, soft	84.0	1.0 slice	0.057
07050	Mortadella, beef, pork	28.35	1.0 oz	0.043
16379	Mothbeans, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	0.088
16079	Mothbeans, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	0.088
16078	Mothbeans, mature seeds, raw	196.0	1.0 cup	0.288
07061	Mother's loaf, pork	28.35	1.0 oz	0.048
11927	Mountain yam, hawaii, cooked, steamed, with salt	145.0	1.0 cup, cubes	0.020
11259	Mountain yam, hawaii, cooked, steamed, without salt	145.0	1.0 cup, cubes	0.020
11258	Mountain yam, hawaii, raw	68.0	0.5 cup, cubes	0.007
18940	Muffin, blueberry, commercially prepared, low-fat	71.0	1.0 muffin small	0.034
18274	Muffins, blueberry, commercially prepared (Includes mini-muffins)	28.35	1.0 oz	0.019

NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure
18275	Muffins, blueberry, dry mix	43.0	1.0 serving	0.030
18278	Muffins, blueberry, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	0.023
18277	Muffins, blueberry, toaster-type	28.35	1.0 oz	0.018
18386	Muffins, blueberry, toaster-type, toasted	28.35	1.0 oz	0.019
18279	Muffins, corn, commercially prepared	28.35	1.0 oz	0.019
18280	Muffins, corn, dry mix, prepared	28.35	1.0 oz	0.023
18282	Muffins, corn, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	0.022
18281	Muffins, corn, toaster-type	28.35	1.0 oz	0.017
18283	Muffins, oat bran	28.35	1.0 oz	0.030
18273	Muffins, plain, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	0.024
18284	Muffins, wheat bran, dry mix	28.35	1.0 oz	0.033
18388	Muffins, wheat bran, toaster-type with raisins, toasted	28.35	1.0 oz	0.021
16381	Mung beans, mature seeds, cooked, boiled, with salt	202.0	1.0 cup	0.154
16081	Mung beans, mature seeds, cooked, boiled, without salt	202.0	1.0 cup	0.154
16080	Mung beans, mature seeds, raw	207.0	1.0 cup	0.538
11718	Mung beans, mature seeds, sprouted, cooked, boiled, drained, with salt	124.0	1.0 cup	0.035
11044	Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt	124.0	1.0 cup	0.035
11045	Mung beans, mature seeds, sprouted, cooked, stir-fried	124.0	1.0 cup	0.072
11043	Mung beans, mature seeds, sprouted, raw	104.0	1.0 cup	0.038
16384	Mungo beans, mature seeds, cooked, boiled, with salt	180.0	1.0 cup	0.140
16084	Mungo beans, mature seeds, cooked, boiled, without salt	180.0	1.0 cup	0.140
16083	Mungo beans, mature seeds, raw	207.0	1.0 cup	0.544
11266	Mushrooms, brown, italian, or crimini, raw	87.0	1.0 cup whole	0.049
11264	Mushrooms, canned, drained solids	156.0	1.0 cup	0.033
11950	Mushrooms, enoki, raw	5.0	1.0 large	0.002
11993	Mushrooms, maitake, raw	70.0	1.0 cup diced	0.024
11987	Mushrooms, oyster, raw	148.0	1.0 large	0.062
11939	Mushrooms, portabella, exposed to ultraviolet light, grilled	121.0	1.0 cup sliced	0.057
11998	Mushrooms, portabella, exposed to ultraviolet light, raw	86.0	1.0 cup diced	0.048
11243	Mushrooms, portabella, grilled	121.0	1.0 cup sliced	0.054
11265	Mushrooms, portabella, raw	86.0	1.0 cup diced	0.030
11798	Mushrooms, shiitake, cooked, with salt	145.0	1.0 cup pieces	0.006
11269	Mushrooms, shiitake, cooked, without salt	145.0	1.0 cup pieces	0.006
11268	Mushrooms, shiitake, dried	3.6	1.0 mushroom	0.001
11238	Mushrooms, shiitake, raw	19.0	1.0 piece whole	0.002
11267	Mushrooms, shiitake, stir-fried	89.0	1.0 cup whole	0.010

NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure
11797	Mushrooms, white, cooked, boiled, drained, with salt	156.0	1.0 cup pieces	0.037
11261	Mushrooms, white, cooked, boiled, drained, without salt	156.0	1.0 cup pieces	0.037
11260	Mushrooms, white, raw	70.0	1.0 cup, pieces or slices	0.024
11263	Mushrooms, white, stir-fried	108.0	1.0 cup sliced	0.040
11800	Mustard greens, frozen, cooked, boiled, drained, with salt	150.0	1.0 cup, chopped or diced	0.038
11273	Mustard greens, frozen, cooked, boiled, drained, without salt	150.0	1.0 cup, chopped	0.038
11272	Mustard greens, frozen, unprepared	146.0	1.0 cup, chopped	0.039
02046	Mustard, prepared, yellow	5.0	1.0 tsp or 1 packet	0.000
35141	Mutton, cooked, roasted (Navajo)	28.35	1.0 oz	0.073
16113	Natto	175.0	1.0 cup	0.390
09191	Nectarines, raw	143.0	1.0 cup slices	0.007
07091	New england brand sausage, pork, beef	23.0	1.0 slice (4" dia x 1/8" thick)	0.044
16082	Noodles, chinese, cellophane or long rice (mung beans), dehydrated	140.0	1.0 cup	0.003
20310	Noodles, egg, cooked, enriched, with added salt	160.0	1.0 cup	0.069
20510	Noodles, egg, cooked, unenriched, with added salt	160.0	1.0 cup	0.069
20109	Noodles, egg, dry, enriched	38.0	1.0 cup	0.051
20409	Noodles, egg, dry, unenriched	38.0	1.0 cup	0.051
20110	Noodles, egg, enriched, cooked	160.0	1.0 cup	0.069
20112	Noodles, egg, spinach, enriched, cooked	160.0	1.0 cup	0.107
20111	Noodles, egg, spinach, enriched, dry	38.0	1.0 cup	0.074
20410	Noodles, egg, unenriched, cooked, without added salt	160.0	1.0 cup	0.069
20115	Noodles, japanese, soba, cooked	114.0	1.0 cup	0.082
20114	Noodles, japanese, soba, dry	57.0	2.0 oz	0.116
20117	Noodles, japanese, somen, cooked	176.0	1.0 cup	0.090
20116	Noodles, japanese, somen, dry	57.0	2.0 oz	0.083
11964	Nopales, cooked, without salt	149.0	1.0 cup	0.021
11963	Nopales, raw	86.0	1.0 cup, sliced	0.012
12060	Nuts, acorn flour, full fat	28.35	1.0 oz	0.026
12059	Nuts, acorns, dried	28.35	1.0 oz	0.028
12058	Nuts, acorns, raw	28.35	1.0 oz	0.021
12695	Nuts, almond butter, plain, with salt added	16.0	1.0 tbsp	0.025
12195	Nuts, almond butter, plain, without salt added	16.0	1.0 tbsp	0.025
12061	Nuts, almonds	143.0	1.0 cup, whole	0.302
12062	Nuts, almonds, blanched	145.0	1.0 cup whole kernels	0.280
12563	Nuts, almonds, dry roasted, with salt added	138.0	1.0 cup whole kernels	0.288
12063	Nuts, almonds, dry roasted, without salt added	138.0	1.0 cup whole kernels	0.288

NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure
12206	Nuts, almonds, honey roasted, unblanched	144.0	1.0 cup whole kernels	0.405
12665	Nuts, almonds, oil roasted, lightly salted	157.0	1.0 cup whole kernels	0.301
12565	Nuts, almonds, oil roasted, with salt added	157.0	1.0 cup whole kernels	0.301
12065	Nuts, almonds, oil roasted, without salt added	157.0	1.0 cup whole kernels	0.301
12077	Nuts, beechnuts, dried	28.35	1.0 oz	0.020
12078	Nuts, brazilnuts, dried, unblanched	133.0	1.0 cup, whole	0.180
12084	Nuts, butternuts, dried	120.0	1.0 cup	0.439
12588	Nuts, cashew butter, plain, with salt added	16.0	1.0 tbsp	0.026
12088	Nuts, cashew butter, plain, without salt added	16.0	1.0 tbsp	0.044
12585	Nuts, cashew nuts, dry roasted, with salt added	137.0	1.0 cup, halves and whole	0.325
12085	Nuts, cashew nuts, dry roasted, without salt added	137.0	1.0 cup, halves and whole	0.325
12586	Nuts, cashew nuts, oil roasted, with salt added	129.0	1.0 cup, whole	0.342
12086	Nuts, cashew nuts, oil roasted, without salt added	129.0	1.0 cup, whole	0.342
12087	Nuts, cashew nuts, raw	28.35	1.0 oz	0.081
12095	Nuts, chestnuts, chinese, boiled and steamed	28.35	1.0 oz	0.010
12094	Nuts, chestnuts, chinese, dried	28.35	1.0 oz	0.023
12093	Nuts, chestnuts, chinese, raw	28.35	1.0 oz	0.014
12096	Nuts, chestnuts, chinese, roasted	28.35	1.0 oz	0.015
12101	Nuts, chestnuts, european, boiled and steamed	28.35	1.0 oz	0.006
12100	Nuts, chestnuts, european, dried, peeled	28.35	1.0 oz	0.016
12099	Nuts, chestnuts, european, dried, unpeeled	28.35	1.0 oz	0.020
12098	Nuts, chestnuts, european, raw, peeled	28.35	1.0 oz	0.005
12097	Nuts, chestnuts, european, raw, unpeeled	145.0	1.0 cup	0.039
12167	Nuts, chestnuts, european, roasted	143.0	1.0 cup	0.050
12203	Nuts, chestnuts, japanese, boiled and steamed	28.35	1.0 oz	0.003
12175	Nuts, chestnuts, japanese, dried	155.0	1.0 cup	0.116
12202	Nuts, chestnuts, japanese, raw	28.35	1.0 oz	0.009
12204	Nuts, chestnuts, japanese, roasted	28.35	1.0 oz	0.012
12116	Nuts, coconut cream, canned, sweetened	19.0	1.0 tbsp	0.002
12115	Nuts, coconut cream, raw (liquid expressed from grated meat)	15.0	1.0 tbsp	0.006
12177	Nuts, coconut meat, dried (desiccated), creamed	28.35	1.0 oz	0.018
12108	Nuts, coconut meat, dried (desiccated), not sweetened	28.35	1.0 oz	0.023
12110	Nuts, coconut meat, dried (desiccated), sweetened, flaked, canned	77.0	1.0 cup	0.030
12109	Nuts, coconut meat, dried (desiccated), sweetened, flaked, packaged	85.0	1.0 cup	0.017
12179	Nuts, coconut meat, dried (desiccated), sweetened, shredded	93.0	1.0 cup, shredded	0.032
12114	Nuts, coconut meat, dried (desiccated), toasted	28.35	1.0 oz	0.018



NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure
12104	Nuts, coconut meat, raw	80.0	1.0 cup, shredded	0.031
12118	Nuts, coconut milk, canned (liquid expressed from grated meat and water)	226.0	1.0 cup	0.054
12176	Nuts, coconut milk, frozen (liquid expressed from grated meat and water)	240.0	1.0 cup	0.046
12117	Nuts, coconut milk, raw (liquid expressed from grated meat and water)	240.0	1.0 cup	0.065
12119	Nuts, coconut water (liquid from coconuts)	240.0	1.0 cup	0.019
12200	Nuts, formulated, wheat-based, all flavors except macadamia, without salt	28.35	1.0 oz	0.049
12140	Nuts, formulated, wheat-based, unflavored, with salt added	28.35	1.0 oz	0.046
12129	Nuts, ginkgo nuts, canned	155.0	1.0 cup (78 kernels)	0.059
12128	Nuts, ginkgo nuts, dried	28.35	1.0 oz	0.048
12127	Nuts, ginkgo nuts, raw	28.35	1.0 oz	0.020
12120	Nuts, hazelnuts or filberts	115.0	1.0 cup, chopped	0.222
12121	Nuts, hazelnuts or filberts, blanched	28.35	1.0 oz	0.050
12122	Nuts, hazelnuts or filberts, dry roasted, without salt added	28.35	1.0 oz	0.055
12130	Nuts, hickorynuts, dried	120.0	1.0 cup	0.167
12132	Nuts, macadamia nuts, dry roasted, without salt added	132.0	1.0 cup, whole or halves	0.087
12131	Nuts, macadamia nuts, raw	134.0	1.0 cup, whole or halves	0.090
12635	Nuts, mixed nuts, dry roasted, with peanuts, with salt added	137.0	1.0 cup	0.362
12135	Nuts, mixed nuts, dry roasted, with peanuts, without salt added	131.0	1.0 cup	0.291
12737	Nuts, mixed nuts, oil roasted, with peanuts, lightly salted	28.35	1.0 oz	0.062
12637	Nuts, mixed nuts, oil roasted, with peanuts, with salt added	134.0	1.0 cup	0.295
12137	Nuts, mixed nuts, oil roasted, with peanuts, without salt added	134.0	1.0 cup	0.295
12738	Nuts, mixed nuts, oil roasted, without peanuts, lightly salted	28.35	1.0 oz	0.071
12638	Nuts, mixed nuts, oil roasted, without peanuts, with salt added	144.0	1.0 cup	0.363
12138	Nuts, mixed nuts, oil roasted, without peanuts, without salt added	144.0	1.0 cup	0.363
12142	Nuts, pecans	109.0	1.0 cup, chopped	0.101
12643	Nuts, pecans, dry roasted, with salt added	28.35	1.0 oz	0.027
12143	Nuts, pecans, dry roasted, without salt added	28.35	1.0 oz	0.027
12644	Nuts, pecans, oil roasted, with salt added	110.0	1.0 cup	0.102
12144	Nuts, pecans, oil roasted, without salt added	110.0	1.0 cup	0.102
12145	Nuts, pilinuts, dried	120.0	1.0 cup	0.227
12147	Nuts, pine nuts, dried	135.0	1.0 cup	0.144
12149	Nuts, pine nuts, pinyon, dried	28.35	1.0 oz	0.041
12652	Nuts, pistachio nuts, dry roasted, with salt added	123.0	1.0 cup	0.322
12152	Nuts, pistachio nuts, dry roasted, without salt added	123.0	1.0 cup	0.322
12151	Nuts, pistachio nuts, raw	123.0	1.0 cup	0.309
12154	Nuts, walnuts, black, dried	125.0	1.0 cup, chopped	0.398

NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure
12155	Nuts, walnuts, english	117.0	1.0 cup, chopped	0.199
20034	Oat bran, cooked	219.0	1.0 cup	0.125
20033	Oat bran, raw	94.0	1.0 cup	0.315
20038	Oats	156.0	1.0 cup	0.365
04529	Oil, almond	13.6	1.0 tablespoon	0.000
04530	Oil, apricot kernel	13.6	1.0 tablespoon	0.000
04534	Oil, babassu	13.6	1.0 tbsp	0.000
04501	Oil, cocoa butter	13.6	1.0 tablespoon	0.000
04047	Oil, coconut	13.6	1.0 tbsp	0.000
04518	Oil, corn, industrial and retail, all purpose salad or cooking	13.6	1.0 tbsp	0.000
04502	Oil, cottonseed, salad or cooking	13.6	1.0 tablespoon	0.000
04541	Oil, cupu assu	13.6	1.0 tablespoon	0.000
04517	Oil, grapeseed	13.6	1.0 tablespoon	0.000
04532	Oil, hazelnut	13.6	1.0 tablespoon	0.000
04661	Oil, industrial, coconut (hydrogenated), used for whipped toppings and coffee whiteners	13.6	1.0 tbsp	0.000
04659	Oil, industrial, coconut, confection fat, typical basis for ice cream coatings	13.6	1.0 tbsp	0.000
04646	Oil, industrial, coconut, principal uses candy coatings, oil sprays, roasting nuts	13.6	1.0 tbsp	0.000
04662	Oil, industrial, palm and palm kernel, filling fat (non-hydrogenated)	13.6	1.0 tbsp	0.000
04660	Oil, industrial, palm kernel (hydrogenated) , used for whipped toppings, non-dairy	13.6	1.0 tbsp	0.000
04658	Oil, industrial, palm kernel (hydrogenated), confection fat, intermediate grade product	13.6	1.0 tbsp	0.000
04657	Oil, industrial, palm kernel (hydrogenated), confection fat, uses similar to 95 degree hard butter	13.6	1.0 tbsp	0.000
04663	Oil, industrial, palm kernel (hydrogenated), filling fat	13.6	1.0 tbsp	0.000
04656	Oil, industrial, palm kernel, confection fat, uses similar to high quality cocoa butter	13.6	1.0 tbsp	0.000
04652	Oil, industrial, soy ( partially hydrogenated), all purpose	13.6	1.0 tbsp	0.000
04653	Oil, industrial, soy (partially hydrogenated ) and soy (winterized), pourable clear fry	13.6	1.0 tbsp	0.000
04664	Oil, industrial, soy (partially hydrogenated ), palm, principal uses icings and fillings	13.6	1.0 tbsp	0.000
04654	Oil, industrial, soy (partially hydrogenated) and cottonseed, principal use as a tortilla shortening	13.6	1.0 tbsp	0.000
04651	Oil, industrial, soy (partially hydrogenated), multiuse for non-dairy butter flavor	13.6	1.0 tbsp	0.000
04648	Oil, industrial, soy (partially hydrogenated), principal uses popcorn and flavoring vegetables	13.6	1.0 tbsp	0.000
04650	Oil, industrial, soy, refined, for woks and light frying	13.6	1.0 tbsp	0.000
04572	Oil, nutmeg butter	13.6	1.0 tbsp	0.000
04053	Oil, olive, salad or cooking	13.5	1.0 tablespoon	0.000
04055	Oil, palm	13.6	1.0 tbsp	0.000
04042	Oil, peanut, salad or cooking	13.5	1.0 tbsp	0.000
04514	Oil, poppyseed	13.6	1.0 tablespoon	0.000
04037	Oil, rice bran	13.6	1.0 tablespoon	0.000

NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure
04511	Oil, safflower, salad or cooking, high oleic (primary safflower oil of commerce)	13.6	1.0 tablespoon	0.000
04510	Oil, safflower, salad or cooking, linoleic, (over 70%)	13.6	1.0 tbsp	0.000
04058	Oil, sesame, salad or cooking	13.6	1.0 tablespoon	0.000
04536	Oil, sheanut	13.6	1.0 tablespoon	0.000
04044	Oil, soybean, salad or cooking	13.6	1.0 tbsp	0.000
04034	Oil, soybean, salad or cooking, (partially hydrogenated)	13.6	1.0 tbsp	0.000
04543	Oil, soybean, salad or cooking, (partially hydrogenated) and cottonseed	13.6	1.0 tablespoon	0.000
04060	Oil, sunflower, linoleic (less than 60%)	13.6	1.0 tbsp	0.000
04506	Oil, sunflower, linoleic, (approx. 65%)	13.6	1.0 tbsp	0.000
04545	Oil, sunflower, linoleic, (partially hydrogenated)	13.6	1.0 tbsp	0.000
04516	Oil, teaseed	13.6	1.0 tablespoon	0.000
04515	Oil, tomatoseed	13.6	1.0 tablespoon	0.000
04573	Oil, ucuhuba butter	13.6	1.0 tbsp	0.000
04528	Oil, walnut	13.6	1.0 tbsp	0.000
04038	Oil, wheat germ	4.5	1.0 tsp	0.000
16130	Okara	122.0	1.0 cup	0.061
11803	Okra, cooked, boiled, drained, with salt	80.0	0.5 cup slices	0.013
11279	Okra, cooked, boiled, drained, without salt	80.0	0.5 cup slices	0.013
11804	Okra, frozen, cooked, boiled, drained, with salt	92.0	0.5 cup slices	0.013
11281	Okra, frozen, cooked, boiled, drained, without salt	92.0	0.5 cup slices	0.013
11280	Okra, frozen, unprepared	95.0	0.33 package (10 oz)	0.013
11278	Okra, raw	100.0	1.0 cup	0.017
36054	OLIVE GARDEN, cheese ravioli with marinara sauce	454.0	1.0 serving varied from 7-9 ravioli per serving	0.749
36058	OLIVE GARDEN, chicken parmigiana without pasta	304.0	1.0 serving	0.572
36042	OLIVE GARDEN, lasagna classico	422.0	1.0 serving	0.528
36631	OLIVE GARDEN, spaghetti with meat sauce	525.0	1.0 serving	0.320
36047	OLIVE GARDEN, spaghetti with pomodoro sauce	478.0	1.0 serving	0.167
07051	Olive loaf, pork	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	0.029
11296	Onion rings, breaded, par fried, frozen, prepared, heated in oven	48.0	1.0 cup	0.034
11295	Onion rings, breaded, par fried, frozen, unprepared	85.0	6.0 rings	0.036
11285	Onions, canned, solids and liquids	63.0	1.0 onion	0.008
11805	Onions, cooked, boiled, drained, with salt	210.0	1.0 cup	0.042
11283	Onions, cooked, boiled, drained, without salt	210.0	1.0 cup	0.042
11284	Onions, dehydrated flakes	5.0	1.0 tbsp	0.006
11806	Onions, frozen, chopped, cooked, boiled, drained, with salt	15.0	1.0 tbsp chopped	0.002
11288	Onions, frozen, chopped, cooked, boiled, drained, without salt	15.0	1.0 tbsp chopped	0.002

NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure
11287	Onions, frozen, chopped, unprepared	95.0	0.33 package (10 oz)	0.010
11807	Onions, frozen, whole, cooked, boiled, drained, with salt	210.0	1.0 cup	0.021
11290	Onions, frozen, whole, cooked, boiled, drained, without salt	210.0	1.0 cup	0.021
11289	Onions, frozen, whole, unprepared	95.0	0.33 package (10 oz)	0.012
11282	Onions, raw	160.0	1.0 cup, chopped	0.022
11291	Onions, spring or scallions (includes tops and bulb), raw	100.0	1.0 cup, chopped	0.020
11294	Onions, sweet, raw	148.0	1.0 NLEA serving	0.013
11286	Onions, yellow, sauteed	87.0	1.0 cup chopped	0.012
09207	Orange juice, canned, unsweetened	249.0	1.0 cup	0.005
09209	Orange juice, chilled, includes from concentrate	249.0	1.0 cup	0.005
09211	Orange juice, chilled, includes from concentrate, with added calcium	249.0	1.0 cup	0.005
09210	Orange juice, chilled, includes from concentrate, with added calcium and vitamin D	249.0	1.0 cup	0.005
09506	Orange juice, chilled, includes from concentrate, with added calcium and vitamins A, D, E	249.0	1.0 cup	0.005
09214	Orange juice, frozen concentrate, unsweetened, undiluted	262.0	1.0 cup	0.024
09213	Orange juice, frozen concentrate, unsweetened, undiluted, with added calcium	262.0	1.0 cup	0.024
09206	Orange juice, raw	248.0	1.0 cup	0.005
09200	Oranges, raw, all commercial varieties	180.0	1.0 cup, sections	0.016
09201	Oranges, raw, California, valencias	180.0	1.0 cup sections, without membranes	0.018
09203	Oranges, raw, Florida	185.0	1.0 cup sections, without membranes	0.013
09202	Oranges, raw, navels	165.0	1.0 cup sections, without membranes	0.015
09205	Oranges, raw, with peel	170.0	1.0 cup	0.020
05643	Ostrich, fan, raw	85.0	1.0 serving ( cooked from 4oz raw)	0.165
05642	Ostrich, ground, cooked, pan-broiled	93.0	1.0 patty	0.217
05641	Ostrich, ground, raw	109.0	1.0 patty	0.196
05645	Ostrich, inside leg, cooked	85.0	1.0 serving ( 3 oz )	0.220
05644	Ostrich, inside leg, raw	85.0	1.0 serving ( cooked from 4 oz raw )	0.170
05647	Ostrich, inside strip, cooked	85.0	1.0 serving ( 3 oz )	0.223
05646	Ostrich, inside strip, raw	85.0	1.0 serving (cooked from 4 oz raw)	0.179
05648	Ostrich, outside leg, raw	85.0	1.0 serving (cooked from 4 oz raw)	0.173
05650	Ostrich, outside strip, cooked	85.0	1.0 serving ( 3 oz )	0.217
05649	Ostrich, outside strip, raw	85.0	1.0 serving (cooked from 4 oz raw)	0.177
05652	Ostrich, oyster, cooked	85.0	1.0 serving ( 3 oz )	0.218
05651	Ostrich, oyster, raw	85.0	1.0 serving ( cooked from 4 oz raw)	0.163
05653	Ostrich, round, raw	85.0	1.0 serving (cooked from 4 oz raw)	0.167
05654	Ostrich, tenderloin, raw	85.0	1.0 serving (cooked from 4 oz raw)	0.167
05656	Ostrich, tip trimmed, cooked	85.0	1.0 serving ( 3 oz )	0.216

NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure
05655	Ostrich, tip trimmed, raw	85.0	1.0 serving ( cooked from 4 oz raw)	0.166
05658	Ostrich, top loin, cooked	85.0	1.0 serving ( 3 oz )	0.213
05657	Ostrich, top loin, raw	85.0	1.0 serving (cooked from 4 oz raw)	0.164
07935	Oven-roasted chicken breast roll	56.0	1.0 serving 2 oz	0.090
18288	Pancakes plain, frozen, ready-to-heat (includes buttermilk)	28.35	1.0 oz	0.015
18294	Pancakes, blueberry, prepared from recipe	28.35	1.0 oz	0.022
18295	Pancakes, buckwheat, dry mix, incomplete	28.35	1.0 oz	0.045
18390	Pancakes, buttermilk, prepared from recipe	28.35	1.0 oz	0.023
18289	Pancakes, plain, dry mix, complete (includes buttermilk)	52.0	0.333 cup	0.059
18290	Pancakes, plain, dry mix, complete, prepared	28.35	1.0 oz	0.017
18291	Pancakes, plain, dry mix, incomplete (includes buttermilk)	28.35	1.0 oz	0.032
18292	Pancakes, plain, dry mix, incomplete, prepared	28.35	1.0 oz	0.027
18293	Pancakes, plain, prepared from recipe	28.35	1.0 oz	0.023
18297	Pancakes, special dietary, dry mix	28.35	1.0 oz	0.026
18299	Pancakes, whole-wheat, dry mix, incomplete	28.35	1.0 oz	0.053
18300	Pancakes, whole-wheat, dry mix, incomplete, prepared	28.35	1.0 oz	0.033
21286	PAPA JOHN'S 14" Cheese Pizza, Thin Crust	87.0	1.0 slice	0.124
21284	PAPA JOHN'S 14" Pepperoni Pizza, Original Crust	123.0	1.0 slice	0.156
21285	PAPA JOHN'S 14" The Works Pizza, Original Crust	153.0	1.0 slice	0.161
09226	Papayas, raw	145.0	1.0 cup 1" pieces	0.012
11625	Parsley, freeze-dried	0.4	1.0 tbsp	0.002
11297	Parsley, fresh	60.0	1.0 cup chopped	0.027
20321	Pasta, cooked, enriched, with added salt	124.0	1.0 cup spaghetti not packed	0.100
20121	Pasta, cooked, enriched, without added salt	124.0	1.0 cup spaghetti not packed	0.100
20521	Pasta, cooked, unenriched, with added salt	124.0	1.0 cup spaghetti not packed	0.103
20421	Pasta, cooked, unenriched, without added salt	124.0	1.0 cup spaghetti not packed	0.103
20120	Pasta, dry, enriched	91.0	1.0 cup spaghetti	0.168
20420	Pasta, dry, unenriched	91.0	1.0 cup spaghetti	0.168
20093	Pasta, fresh-refrigerated, plain, as purchased	128.0	4.5 oz	0.183
20094	Pasta, fresh-refrigerated, plain, cooked	128.0	2.0 oz	0.083
20095	Pasta, fresh-refrigerated, spinach, as purchased	128.0	4.5 oz	0.192
20096	Pasta, fresh-refrigerated, spinach, cooked	57.0	2.0 oz	0.038
20654	Pasta, gluten-free, brown rice flour, cooked, TINKYADA	169.0	1.0 cup spaghetti not packed	0.068
20657	Pasta, gluten-free, corn and rice flour, cooked	141.0	1.0 cup spaghetti	0.028
20655	Pasta, gluten-free, corn flour and quinoa flour, cooked, ANCIENT HARVEST	166.0	1.0 cup spaghetti packed	0.033
20092	Pasta, gluten-free, corn, cooked	140.0	1.0 cup	0.027

NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure
20091	Pasta, gluten-free, corn, dry	105.0	1.0 cup	0.056
20097	Pasta, homemade, made with egg, cooked	57.0	2.0 oz	0.038
20098	Pasta, homemade, made without egg, cooked	57.0	2.0 oz	0.032
20125	Pasta, whole-wheat, cooked	117.0	1.0 cup spaghetti not packed	0.090
07925	Pastrami, beef, 98% fat-free	57.0	1.0 serving 6 slices	0.089
07052	Pastrami, turkey	57.0	2.0 slices	0.116
05282	Pate de foie gras, canned (goose liver pate), smoked	13.0	1.0 tbsp	0.021
07053	Pate, chicken liver, canned	13.0	1.0 tbsp	0.025
07054	Pate, goose liver, smoked, canned	13.0	1.0 tbsp	0.021
07055	Pate, liver, not specified, canned	13.0	1.0 tbsp	0.020
07942	Pate, truffle flavor	56.0	1.0 serving 2 oz	0.088
09242	Peaches, canned, extra heavy syrup pack, solids and liquids	262.0	1.0 cup, halves or slices	0.003
09239	Peaches, canned, extra light syrup, solids and liquids	247.0	1.0 cup, halves or slices	0.002
09241	Peaches, canned, heavy syrup pack, solids and liquids	262.0	1.0 cup	0.003
09370	Peaches, canned, heavy syrup, drained	222.0	1.0 cup	0.011
09238	Peaches, canned, juice pack, solids and liquids	250.0	1.0 cup	0.005
09240	Peaches, canned, light syrup pack, solids and liquids	251.0	1.0 cup, halves or slices	0.003
09237	Peaches, canned, water pack, solids and liquids	244.0	1.0 cup, halves or slices	0.002
09245	Peaches, dehydrated (low-moisture), sulfured, stewed	242.0	1.0 cup	0.015
09244	Peaches, dehydrated (low-moisture), sulfured, uncooked	116.0	1.0 cup	0.016
09248	Peaches, dried, sulfured, stewed, with added sugar	270.0	1.0 cup	0.008
09247	Peaches, dried, sulfured, stewed, without added sugar	258.0	1.0 cup	0.008
09246	Peaches, dried, sulfured, uncooked	160.0	1.0 cup, halves	0.016
09250	Peaches, frozen, sliced, sweetened	250.0	1.0 cup, thawed	0.005
09243	Peaches, spiced, canned, heavy syrup pack, solids and liquids	242.0	1.0 cup, whole	0.002
09236	Peaches, yellow, raw	154.0	1.0 cup slices	0.015
16097	Peanut butter, chunk style, with salt	32.0	2.0 tbsp	0.073
16397	Peanut butter, chunk style, without salt	32.0	2.0 tbsp	0.073
16098	Peanut butter, smooth style, with salt	32.0	2.0 tbsp	0.074
16398	Peanut butter, smooth style, without salt	32.0	2.0 tbsp	0.074
16099	Peanut flour, defatted	60.0	1.0 cup	0.304
16100	Peanut flour, low fat	60.0	1.0 cup	0.197
16088	Peanuts, all types, cooked, boiled, with salt	63.0	1.0 cup in shell, edible yield	0.083
16090	Peanuts, all types, dry-roasted, with salt	28.35	1.0 oz	0.065
16390	Peanuts, all types, dry-roasted, without salt	146.0	1.0 cup	0.336
16089	Peanuts, all types, oil-roasted, with salt	144.0	1.0 cup, chopped	0.333

NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure
16389	Peanuts, all types, oil-roasted, without salt	144.0	1.0 cup,	0.333
16087	Peanuts, all types, raw	28.35	1.0 oz	0.071
16092	Peanuts, spanish, oil-roasted, with salt	147.0	1.0 cup	0.400
16392	Peanuts, spanish, oil-roasted, without salt	147.0	1.0 cup	0.400
16091	Peanuts, spanish, raw	146.0	1.0 cup	0.371
16094	Peanuts, valencia, oil-roasted, with salt	144.0	1.0 cup	0.379
16394	Peanuts, valencia, oil-roasted, without salt	144.0	1.0 cup	0.379
16093	Peanuts, valencia, raw	146.0	1.0 cup	0.356
16096	Peanuts, virginia, oil-roasted, with salt	143.0	1.0 cup	0.359
16396	Peanuts, virginia, oil-roasted, without salt	143.0	1.0 cup	0.359
16095	Peanuts, virginia, raw	146.0	1.0 cup	0.358
09340	Pears, asian, raw	122.0	1.0 fruit 2-1/4" high x 2-1/2" dia	0.006
09252	Pears, raw	140.0	1.0 cup, slices	0.003
09412	Pears, raw, bartlett	140.0	1.0 cup, sliced	0.003
09414	Pears, raw, bosc	140.0	1.0 cup, sliced	0.003
09415	Pears, raw, green anjou	140.0	1.0 cup, sliced	0.003
09413	Pears, raw, red anjou	126.0	1.0 small	0.001
11816	Peas and carrots, canned, no salt added, solids and liquids	255.0	1.0 cup	0.041
11318	Peas and carrots, canned, regular pack, solids and liquids	255.0	1.0 cup	0.041
11817	Peas and carrots, frozen, cooked, boiled, drained, with salt	80.0	0.5 cup	0.018
11323	Peas and carrots, frozen, cooked, boiled, drained, without salt	278.0	1.0 package (10 oz) yields	0.058
11322	Peas and carrots, frozen, unprepared	70.0	0.5 cup	0.017
11324	Peas and onions, canned, solids and liquids	120.0	1.0 cup	0.029
11818	Peas and onions, frozen, cooked, boiled, drained, with salt	180.0	1.0 cup	0.034
11327	Peas and onions, frozen, cooked, boiled, drained, without salt	180.0	1.0 cup	0.034
11326	Peas and onions, frozen, unprepared	69.0	0.5 cup	0.020
11301	Peas, edible-podded, boiled, drained, without salt	160.0	1.0 cup	0.051
11809	Peas, edible-podded, cooked, boiled, drained, with salt	160.0	1.0 cup	0.051
11810	Peas, edible-podded, frozen, cooked, boiled, drained, with salt	160.0	1.0 cup	0.054
11303	Peas, edible-podded, frozen, cooked, boiled, drained, without salt	160.0	1.0 cup	0.054
11302	Peas, edible-podded, frozen, unprepared	144.0	1.0 cup	0.039
11300	Peas, edible-podded, raw	98.0	1.0 cup, chopped	0.026
11308	Peas, green (includes baby and lesuer types), canned, drained solids, unprepared	175.0	1.0 cup	0.054
11311	Peas, green, canned, drained solids, rinsed in tap water	257.0	1.0 can	0.103
11813	Peas, green, canned, no salt added, drained solids	85.0	0.5 cup	0.026
11812	Peas, green, canned, no salt added, solids and liquids	124.0	0.5 cup	0.027

NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure
11306	Peas, green, canned, regular pack, solids and liquids	124.0	0.5 cup	0.026
11310	Peas, green, canned, seasoned, solids and liquids	227.0	1.0 cup	0.048
11811	Peas, green, cooked, boiled, drained, with salt	160.0	1.0 cup	0.059
11305	Peas, green, cooked, boiled, drained, without salt	160.0	1.0 cup	0.059
11814	Peas, green, frozen, cooked, boiled, drained, with salt	80.0	0.5 cup	0.028
11313	Peas, green, frozen, cooked, boiled, drained, without salt	80.0	0.5 cup	0.028
11312	Peas, green, frozen, unprepared	134.0	1.0 cup	0.048
11304	Peas, green, raw	145.0	1.0 cup	0.054
16085	Peas, green, split, mature seeds, raw	197.0	1.0 cup	0.542
16386	Peas, split, mature seeds, cooked, boiled, with salt	196.0	1.0 cup	0.182
16086	Peas, split, mature seeds, cooked, boiled, without salt	196.0	1.0 cup	0.182
02064	Peppermint, fresh	0.1	2.0 leaves	0.000
07057	Pepperoni, beef and pork, sliced	85.0	3.0 oz	0.196
11978	Peppers, ancho, dried	17.0	1.0 pepper	0.026
11980	Peppers, chili, green, canned	139.0	1.0 cup	0.014
11962	Peppers, hot chile, sun-dried	37.0	1.0 cup	0.050
11329	Peppers, hot chili, green, canned, pods, excluding seeds, solids and liquids	73.0	1.0 pepper	0.009
11670	Peppers, hot chili, green, raw	45.0	1.0 pepper	0.012
11820	Peppers, hot chili, red, canned, excluding seeds, solids and liquids	73.0	1.0 pepper	0.009
11819	Peppers, hot chili, red, raw	45.0	1.0 pepper	0.012
11981	Peppers, hungarian, raw	27.0	1.0 pepper	0.003
11632	Peppers, jalapeno, canned, solids and liquids	136.0	1.0 cup, chopped	0.016
11335	Peppers, sweet, green, canned, solids and liquids	140.0	1.0 cup, halves	0.014
11822	Peppers, sweet, green, cooked, boiled, drained, with salt	11.6	1.0 tbsp	0.001
11334	Peppers, sweet, green, cooked, boiled, drained, without salt	135.0	1.0 cup, chopped or strips	0.016
11634	Peppers, sweet, green, freeze-dried	0.4	1.0 tbsp	0.001
11825	Peppers, sweet, green, frozen, chopped, cooked, boiled, drained, with salt	135.0	1.0 cup, chopped or strips	0.016
11337	Peppers, sweet, green, frozen, chopped, unprepared	95.0	0.33 package (10 oz)	0.013
11333	Peppers, sweet, green, raw	149.0	1.0 cup, chopped	0.018
11339	Peppers, sweet, green, sauteed	115.0	1.0 cup chopped	0.013
11916	Peppers, sweet, red, canned, solids and liquids	140.0	1.0 cup, halves	0.014
11824	Peppers, sweet, red, cooked, boiled, drained, with salt	12.0	1.0 tbsp	0.001
11823	Peppers, sweet, red, cooked, boiled, drained, without salt	135.0	1.0 cup, strips	0.016
11931	Peppers, sweet, red, freeze-dried	0.4	1.0 tbsp	0.001
11919	Peppers, sweet, red, frozen, chopped, boiled, drained, with salt	135.0	1.0 cup, chopped or strips	0.015
11918	Peppers, sweet, red, frozen, chopped, boiled, drained, without salt	135.0	1.0 cup, chopped or strips	0.015



NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure
11917	Peppers, sweet, red, frozen, chopped, unprepared	95.0	0.33 package (10 oz)	0.013
11821	Peppers, sweet, red, raw	149.0	1.0 cup, chopped	0.018
11921	Peppers, sweet, red, sauteed	106.0	1.0 cup chopped	0.013
11951	Peppers, sweet, yellow, raw	186.0	1.0 pepper, large (3-3/4" long, 3" dia)	0.024
09264	Persimmons, japanese, dried	34.0	1.0 fruit without refuse	0.008
09263	Persimmons, japanese, raw	168.0	1.0 fruit (2-1/2" dia)	0.017
09265	Persimmons, native, raw	25.0	1.0 fruit without refuse	0.004
05155	Pheasant, breast, meat only, raw	85.0	3.0 oz	0.288
05156	Pheasant, leg, meat only, raw	99.0	1.0 unit (yield from 1 lb ready-to-eat pheasant)	0.306
05153	Pheasant, raw, meat and skin	85.0	3.0 oz	0.258
05154	Pheasant, raw, meat only	85.0	3.0 oz	0.279
18338	Phyllo dough	28.35	1.0 oz	0.025
07058	Pickle and pimiento loaf, pork	38.0	1.0 slice	0.042
11958	Pickle relish, hamburger	15.0	1.0 tbsp	0.001
11944	Pickle relish, hot dog	15.0	1.0 tbsp	0.003
11945	Pickle relish, sweet	15.0	1.0 tbsp	0.001
11937	Pickles, cucumber, dill or kosher dill	35.0	1.0 spear, small	0.002
11947	Pickles, cucumber, dill, reduced sodium	35.0	1.0 spear, small	0.002
11941	Pickles, cucumber, sour	155.0	1.0 cup	0.005
11946	Pickles, cucumber, sour, low sodium	143.0	1.0 cup, chopped or diced	0.004
11940	Pickles, cucumber, sweet (includes bread and butter pickles)	160.0	1.0 cup, chopped	0.016
11948	Pickles, cucumber, sweet, low sodium (includes bread and butter pickles)	6.0	1.0 slice	0.000
07062	Picnic loaf, pork, beef	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	0.040
18943	Pie Crust, Cookie-type, Chocolate, Ready Crust	182.0	1.0 crust	0.146
18399	Pie crust, cookie-type, prepared from recipe, graham cracker, chilled	30.0	1.0 piece (1/8 of 9" crust)	0.016
18401	Pie crust, cookie-type, prepared from recipe, vanilla wafer, chilled	129.0	1.0 cup	0.064
18947	Pie crust, deep dish, frozen, baked, made with enriched flour	202.0	1.0 pie crust (average weight)	0.115
18945	Pie crust, deep dish, frozen, unbaked, made with enriched flour	225.0	1.0 pie crust (average weight)	0.119
18946	Pie crust, refrigerated, regular, baked	198.0	1.0 pie crust	0.069
18948	Pie crust, refrigerated, regular, unbaked	229.0	1.0 pie crust (average weight)	0.057
18332	Pie crust, standard-type, dry mix	28.35	1.0 oz	0.023
18333	Pie crust, standard-type, dry mix, prepared, baked	20.0	1.0 piece (1/8 of 9" crust)	0.015
18334	Pie crust, standard-type, frozen, ready-to-bake, enriched	18.0	1.0 piece (1/8 of 9" crust)	0.010
18335	Pie crust, standard-type, frozen, ready-to-bake, enriched, baked	154.0	1.0 pie crust (average weight of 1 baked crust)	0.100
18446	Pie crust, standard-type, frozen, ready-to-bake, unenriched	142.0	1.0 crust, single 9"	0.080
18336	Pie crust, standard-type, prepared from recipe, baked	23.0	1.0 piece (1/8 of 9" crust)	0.018

NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure
18402	Pie crust, standard-type, prepared from recipe, unbaked	24.0	1.0 piece (1/8 of 9" crust)	0.017
19314	Pie fillings, canned, cherry	74.0	0.125 can	0.001
18301	Pie, apple, commercially prepared, enriched flour	28.35	1.0 oz	0.007
18443	Pie, apple, commercially prepared, unenriched flour	28.35	1.0 oz	0.007
18302	Pie, apple, prepared from recipe	28.35	1.0 oz	0.008
18303	Pie, banana cream, prepared from mix, no-bake type	28.35	1.0 oz	0.013
18304	Pie, banana cream, prepared from recipe	28.35	1.0 oz	0.016
18305	Pie, blueberry, commercially prepared	28.35	1.0 oz	0.007
18306	Pie, blueberry, prepared from recipe	28.35	1.0 oz	0.008
18308	Pie, cherry, commercially prepared	28.35	1.0 oz	0.008
18309	Pie, cherry, prepared from recipe	28.35	1.0 oz	0.009
18312	Pie, chocolate mousse, prepared from mix, no-bake type	28.35	1.0 oz	0.014
18314	Pie, coconut cream, prepared from mix, no-bake type	28.35	1.0 oz	0.010
18313	Pie, coconut creme, commercially prepared	28.35	1.0 oz	0.008
18316	Pie, coconut custard, commercially prepared	28.35	1.0 oz	0.022
18944	Pie, Dutch Apple, Commercially Prepared	131.0	0.125 pie 1 pie (1/8 of 9" pie)	0.035
18317	Pie, egg custard, commercially prepared	28.35	1.0 oz	0.020
18444	Pie, fried pies, cherry	28.35	1.0 oz	0.012
18319	Pie, fried pies, fruit	28.35	1.0 oz	0.012
18445	Pie, fried pies, lemon	28.35	1.0 oz	0.012
18320	Pie, lemon meringue, commercially prepared	28.35	1.0 oz	0.005
18321	Pie, lemon meringue, prepared from recipe	28.35	1.0 oz	0.013
18322	Pie, mince, prepared from recipe	28.35	1.0 oz	0.008
18323	Pie, peach	28.35	1.0 oz	0.006
18324	Pie, pecan, commercially prepared	28.35	1.0 oz	0.014
18325	Pie, pecan, prepared from recipe	28.35	1.0 oz	0.020
18326	Pie, pumpkin, commercially prepared	28.35	1.0 oz	0.014
18327	Pie, pumpkin, prepared from recipe	28.35	1.0 oz	0.017
18328	Pie, vanilla cream, prepared from recipe	28.35	1.0 oz	0.017
16402	Pigeon peas (red gram), mature seeds, cooked, boiled, with salt	168.0	1.0 cup	0.111
16102	Pigeon peas (red gram), mature seeds, cooked, boiled, without salt	168.0	1.0 cup	0.111
16101	Pigeon peas (red gram), mature seeds, raw	205.0	1.0 cup	0.435
11943	Pimento, canned	12.0	1.0 tbsp	0.002
09271	Pineapple, canned, extra heavy syrup pack, solids and liquids	260.0	1.0 cup, crushed, sliced, or chunks	0.013
09270	Pineapple, canned, heavy syrup pack, solids and liquids	254.0	1.0 cup, crushed, sliced, or chunks	0.013
09268	Pineapple, canned, juice pack, solids and liquids	249.0	1.0 cup, crushed, sliced, or chunks	0.012

NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure
09269	Pineapple, canned, light syrup pack, solids and liquids	252.0	1.0 cup, crushed, sliced, or chunks	0.013
09267	Pineapple, canned, water pack, solids and liquids	246.0	1.0 cup, crushed, sliced, or chunks	0.015
09272	Pineapple, frozen, chunks, sweetened	245.0	1.0 cup, chunks	0.012
09266	Pineapple, raw, all varieties	165.0	1.0 cup, chunks	0.008
21271	PIZZA HUT 12" Cheese Pizza, Hand-Tossed Crust	96.0	1.0 slice	0.123
21272	PIZZA HUT 12" Cheese Pizza, Pan Crust	100.0	1.0 slice	0.125
21273	PIZZA HUT 12" Cheese Pizza, THIN 'N CRISPY Crust	69.0	1.0 slice	0.109
21274	PIZZA HUT 12" Pepperoni Pizza, Hand-Tossed Crust	96.0	1.0 slice	0.118
21275	PIZZA HUT 12" Pepperoni Pizza, Pan Crust	96.0	1.0 slice	0.111
21276	PIZZA HUT 12" Super Supreme Pizza, Hand-Tossed Crust	127.0	1.0 slice	0.133
21512	PIZZA HUT 14" Cheese Pizza, Stuffed Crust	117.0	1.0 slice	0.145
21298	PIZZA HUT 14" Super Supreme Pizza, Hand-Tossed Crust	123.0	1.0 slice	0.170
21224	Pizza, cheese topping, regular crust, frozen, cooked	81.0	1.0 serving 9 servings per 24 oz package	0.138
21225	Pizza, cheese topping, rising crust, frozen, cooked	139.0	1.0 serving 6 servings per 29.25 oz package	0.261
09278	Plantains, cooked	200.0	1.0 cup, mashed	0.018
09277	Plantains, raw	148.0	1.0 cup, sliced	0.022
09291	Plums, dried (prunes), uncooked	174.0	1.0 cup, pitted	0.044
09279	Plums, raw	165.0	1.0 cup, sliced	0.015
07059	Polish sausage, pork	85.0	3.0 oz	0.117
25026	Popcorn, microwave, regular (butter) flavor, made with palm oil	7.9	1.0 cup	0.005
21415	POPEYES, biscuit	60.0	1.0 biscuit	0.044
21416	POPEYES, Coleslaw	120.0	1.0 package	0.008
21456	POPEYES, Fried Chicken, Mild, Breast, meat and skin with breading	194.0	1.0 breast, with skin	0.322
21442	POPEYES, Fried Chicken, Mild, Breast, meat only, skin and breading removed	132.0	1.0 breast without skin	0.293
21457	POPEYES, Fried Chicken, Mild, Drumstick, meat and skin with breading	76.0	1.0 drumstick, with skin	0.119
21443	POPEYES, Fried Chicken, Mild, Drumstick, meat only, skin and breading removed	44.0	1.0 drumstick, bone and skin removed	0.089
21458	POPEYES, Fried Chicken, Mild, Thigh, meat and skin with breading	138.0	1.0 thigh with skin	0.200
21445	POPEYES, Fried Chicken, Mild, Thigh, meat only, skin and breading removed	83.0	1.0 thigh thigh without skin	0.152
21459	POPEYES, Fried Chicken, Mild, Wing, meat and skin with breading	57.0	1.0 wing, with skin	0.089
21446	POPEYES, Fried Chicken, Mild, Wing, meat only, skin and breading removed	16.0	1.0 wing without skin, bone and breading	0.035
21417	POPEYES, Mild Chicken Strips, analyzed 2006	54.0	1.0 strip	0.124
21418	POPEYES, Spicy Chicken Strips, analyzed 2006	53.0	1.0 strip	0.125
18339	Popovers, dry mix, enriched	28.35	1.0 oz	0.035
18447	Popovers, dry mix, unenriched	28.35	1.0 oz	0.035
07065	Pork and beef sausage, fresh, cooked	13.0	1.0 link (raw dimensions: 4" long x 7/8" dia), cooked	0.017
07957	Pork and turkey sausage, pre-cooked	57.0	1.0 serving	0.051

NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure
10981	Pork loin, fresh, backribs, bone-in, cooked-roasted, lean only	85.0	3.0 oz	0.244
10980	Pork loin, fresh, backribs, bone-in, raw, lean only	114.0	4.0 oz	0.283
07064	Pork sausage, link/patty, cooked, pan-fried	27.0	1.0 patty	0.050
07953	Pork sausage, link/patty, fully cooked, microwaved	30.0	1.0 patty	0.045
07967	Pork sausage, link/patty, fully cooked, unheated	23.0	1.0 link	0.030
07966	Pork sausage, link/patty, reduced fat, cooked, pan-fried	85.0	3.0 oz	0.178
07965	Pork sausage, link/patty, reduced fat, unprepared	85.0	3.0 oz	0.139
07063	Pork sausage, link/patty, unprepared	25.0	1.0 link	0.039
07978	Pork sausage, reduced sodium, cooked	85.0	3.0 oz	0.115
10860	Pork, cured, bacon, cooked, baked	8.1	1.0 slice cooked	0.024
43378	Pork, cured, bacon, cooked, broiled, pan-fried or roasted, reduced sodium	8.0	1.0 slice cooked	0.025
10861	Pork, cured, bacon, cooked, microwaved	9.1	1.0 slice cooked	0.042
10862	Pork, cured, bacon, pre-sliced, cooked, pan-fried	11.5	1.0 slice	0.047
10123	Pork, cured, bacon, unprepared	28.0	1.0 slice raw	0.042
10128	Pork, cured, breakfast strips, raw or unheated	85.0	3.0 oz	0.096
10132	Pork, cured, feet, pickled	28.35	1.0 oz	0.007
10913	Pork, cured, ham -- water added, rump, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.159
10912	Pork, cured, ham -- water added, rump, bone-in, separable lean and fat, unheated	28.35	1.0 oz	0.036
10865	Pork, cured, ham -- water added, rump, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.171
10866	Pork, cured, ham -- water added, rump, bone-in, separable lean only, unheated	85.0	3.0 oz	0.123
10914	Pork, cured, ham -- water added, shank, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.145
10911	Pork, cured, ham -- water added, shank, bone-in, separable lean and fat, unheated	28.35	1.0 oz	0.043
10867	Pork, cured, ham -- water added, shank, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.167
10885	Pork, cured, ham -- water added, shank, bone-in, separable lean only, unheated	85.0	3.0 oz	0.149
10915	Pork, cured, ham -- water added, slice, bone-in, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	0.164
10910	Pork, cured, ham -- water added, slice, bone-in, separable lean and fat, unheated	28.35	1.0 oz	0.041
10868	Pork, cured, ham -- water added, slice, bone-in, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	0.176
10886	Pork, cured, ham -- water added, slice, bone-in, separable lean only, unheated	85.0	3.0 oz	0.139
10916	Pork, cured, ham -- water added, slice, boneless, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	0.148
10878	Pork, cured, ham -- water added, slice, boneless, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	0.150
10917	Pork, cured, ham -- water added, whole, boneless, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.141
10909	Pork, cured, ham -- water added, whole, boneless, separable lean and fat, unheated	28.35	1.0 oz whole	0.045
10879	Pork, cured, ham -- water added, whole, boneless, separable lean only, heated, roasted	85.0	3.0 oz	0.144
10880	Pork, cured, ham -- water added, whole, boneless, separable lean only, unheated	85.0	3.0 oz	0.139
10918	Pork, cured, ham and water product, rump, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.153
10908	Pork, cured, ham and water product, rump, bone-in, separable lean and fat, unheated	28.35	1.0 oz rump	0.042

NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure
10877	Pork, cured, ham and water product, rump, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.170
10887	Pork, cured, ham and water product, rump, bone-in, separable lean only, unheated	28.35	1.0 oz	0.048
10919	Pork, cured, ham and water product, shank, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.140
10907	Pork, cured, ham and water product, shank, bone-in, separable lean and fat, unheated	28.35	1.0 oz shank	0.037
10881	Pork, cured, ham and water product, shank, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.173
10889	Pork, cured, ham and water product, shank, bone-in, unheated, separable lean only	85.0	3.0 oz	0.140
10920	Pork, cured, ham and water product, slice, bone-in, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	0.157
10906	Pork, cured, ham and water product, slice, bone-in, separable lean and fat, unheated	28.35	1.0 oz	0.036
10869	Pork, cured, ham and water product, slice, bone-in, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	0.167
10888	Pork, cured, ham and water product, slice, bone-in, separable lean only, unheated	85.0	3.0 oz	0.116
10921	Pork, cured, ham and water product, slice, boneless, separable lean and fat, heated, pan-broil	136.0	1.0 slice	0.193
10870	Pork, cured, ham and water product, slice, boneless, separable lean only, heated, pan-broil	138.0	1.0 slice	0.196
10922	Pork, cured, ham and water product, whole, boneless, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.110
10905	Pork, cured, ham and water product, whole, boneless, separable lean and fat, unheated	28.35	1.0 oz whole	0.037
10871	Pork, cured, ham and water product, whole, boneless, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.110
10872	Pork, cured, ham and water product, whole, boneless, separable lean only, unheated	85.0	3.0 oz	0.112
10923	Pork, cured, ham with natural juices, rump, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.178
10904	Pork, cured, ham with natural juices, rump, bone-in, separable lean and fat, unheated	28.35	1.0 oz rump	0.052
10873	Pork, cured, ham with natural juices, rump, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.193
10890	Pork, cured, ham with natural juices, rump, bone-in, separable lean only, unheated	85.0	3.0 oz	0.181
10924	Pork, cured, ham with natural juices, shank, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.180
10903	Pork, cured, ham with natural juices, shank, bone-in, separable lean and fat, unheated	28.35	1.0 oz shank	0.059
10874	Pork, cured, ham with natural juices, shank, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.199
10891	Pork, cured, ham with natural juices, shank, bone-in, separable lean only, unheated	85.0	3.0 oz	0.201
10925	Pork, cured, ham with natural juices, slice, bone-in, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	0.207
10902	Pork, cured, ham with natural juices, slice, bone-in, separable lean and fat, unheated	85.0	3.0 oz	0.181
10875	Pork, cured, ham with natural juices, slice, bone-in, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	0.221
10892	Pork, cured, ham with natural juices, slice, bone-in, separable lean only, unheated	85.0	3.0 oz	0.194
10926	Pork, cured, ham with natural juices, slice, boneless, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	0.167
10882	Pork, cured, ham with natural juices, slice, boneless, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	0.167
10927	Pork, cured, ham with natural juices, spiral slice, boneless, separable lean and fat, heated, roasted	145.0	1.0 slice	0.302
10901	Pork, cured, ham with natural juices, spiral slice, boneless, separable lean and fat, unheated	28.35	1.0 oz spiral slice	0.049
10893	Pork, cured, ham with natural juices, spiral slice, boneless, separable lean only, unheated	28.35	1.0 oz spiral slice	0.051
10876	Pork, cured, ham with natural juices, spiral slice, meat only, boneless, separable lean only, heated, roasted	145.0	1.0 slice	0.307
10928	Pork, cured, ham with natural juices, whole, boneless, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.164

NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure
10900	Pork, cured, ham with natural juices, whole, boneless, separable lean and fat, unheated	28.35	1.0 oz whole	0.052
10883	Pork, cured, ham with natural juices, whole, boneless, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.164
10884	Pork, cured, ham with natural juices, whole, boneless, separable lean only, unheated	28.35	1.0 oz	0.052
10134	Pork, cured, ham, boneless, extra lean (approximately 5% fat), roasted	140.0	1.0 cup	0.351
10183	Pork, cured, ham, boneless, extra lean and regular, roasted	140.0	1.0 cup	0.340
10182	Pork, cured, ham, boneless, extra lean and regular, unheated	140.0	1.0 cup	0.307
10136	Pork, cured, ham, boneless, regular (approximately 11% fat), roasted	140.0	1.0 cup	0.333
10141	Pork, cured, ham, center slice, country-style, separable lean only, raw	28.35	1.0 oz	0.095
10142	Pork, cured, ham, center slice, separable lean and fat, unheated	28.35	1.0 oz	0.069
10138	Pork, cured, ham, extra lean (approximately 4% fat), canned, roasted	140.0	1.0 cup	0.336
10137	Pork, cured, ham, extra lean (approximately 4% fat), canned, unheated	140.0	1.0 cup	0.294
10185	Pork, cured, ham, extra lean and regular, canned, roasted	140.0	1.0 cup	0.332
10184	Pork, cured, ham, extra lean and regular, canned, unheated	140.0	1.0 cup	0.286
10146	Pork, cured, ham, patties, unheated	28.35	1.0 oz	0.042
10140	Pork, cured, ham, regular (approximately 13% fat), canned, roasted	140.0	1.0 cup	0.326
10929	Pork, cured, ham, rump, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.189
10955	Pork, cured, ham, rump, bone-in, separable lean and fat, unheated	85.0	3.0 oz	0.176
10931	Pork, cured, ham, rump, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.207
10932	Pork, cured, ham, rump, bone-in, separable lean only, unheated	28.35	1.0 oz	0.065
10894	Pork, cured, ham, separable fat, boneless, heated	85.0	3.0 oz	0.054
10895	Pork, cured, ham, separable fat, boneless, unheated	117.0	4.0 oz	0.063
10935	Pork, cured, ham, shank, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.193
10936	Pork, cured, ham, shank, bone-in, separable lean and fat, unheated	28.35	1.0 oz	0.057
10933	Pork, cured, ham, shank, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.212
10934	Pork, cured, ham, shank, bone-in, separable lean only, unheated	28.35	1.0 oz	0.063
10937	Pork, cured, ham, slice, bone-in, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	0.201
10939	Pork, cured, ham, slice, bone-in, separable lean and fat, unheated	85.0	1.0 serving (3 oz)	0.178
10899	Pork, cured, ham, slice, bone-in, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	0.217
10938	Pork, cured, ham, slice, bone-in, separable lean only, unheated	85.0	1.0 serving (3 oz)	0.195
10149	Pork, cured, ham, steak, boneless, extra lean, unheated	28.35	1.0 oz	0.067
10150	Pork, cured, ham, whole, separable lean and fat, unheated	140.0	1.0 cup	0.294
10153	Pork, cured, ham, whole, separable lean only, roasted	140.0	1.0 cup	0.420
10152	Pork, cured, ham, whole, separable lean only, unheated	140.0	1.0 cup	0.375
10165	Pork, cured, salt pork, raw	28.35	1.0 oz	0.005
10167	Pork, cured, separable fat (from ham and arm picnic), roasted	28.35	1.0 oz	0.007
10166	Pork, cured, separable fat (from ham and arm picnic), unheated	28.35	1.0 oz	0.005

NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure
10168	Pork, cured, shoulder, arm picnic, separable lean and fat, roasted	140.0	1.0 cup	0.318
10169	Pork, cured, shoulder, arm picnic, separable lean only, roasted	140.0	1.0 cup	0.419
10171	Pork, cured, shoulder, blade roll, separable lean and fat, roasted	85.0	3.0 oz	0.176
10170	Pork, cured, shoulder, blade roll, separable lean and fat, unheated	28.35	1.0 oz	0.056
10004	Pork, fresh, backfat, raw	28.35	1.0 oz	0.010
10193	Pork, fresh, backribs, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.233
10192	Pork, fresh, backribs, separable lean and fat, raw	85.0	3.0 oz	0.188
10988	Pork, fresh, blade, (chops), boneless, separable lean and fat, cooked, broiled	131.0	1.0 chop	0.385
10001	Pork, fresh, carcass, separable lean and fat, raw	28.35	1.0 oz	0.045
10000	Pork, fresh, composite of separable fat, with added solution, cooked	85.0	3.0 oz	0.090
10942	Pork, fresh, composite of separable fat, with added solution, raw	28.35	1.0 oz	0.028
10003	Pork, fresh, composite of trimmed leg, loin, shoulder, and spareribs, (includes cuts to be cured), separable lean and fat, raw	28.35	1.0 oz	0.058
10093	Pork, fresh, composite of trimmed retail cuts (leg, loin, and shoulder), separable lean only, cooked	85.0	3.0 oz	0.271
10002	Pork, fresh, composite of trimmed retail cuts (leg, loin, shoulder), separable lean only, raw	28.35	1.0 oz	0.067
10188	Pork, fresh, composite of trimmed retail cuts (leg, loin, shoulder, and spareribs), separable lean and fat, cooked	85.0	3.0 oz	0.249
10187	Pork, fresh, composite of trimmed retail cuts (leg, loin, shoulder, and spareribs), separable lean and fat, raw	28.35	1.0 oz	0.066
10227	Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean and fat, cooked	85.0	3.0 oz	0.254
10226	Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean and fat, raw	28.35	1.0 oz	0.062
10229	Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean only, cooked	85.0	3.0 oz	0.318
10228	Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean only, raw	28.35	1.0 oz	0.077
10944	Pork, fresh, enhanced, loin, tenderloin, separable lean only, raw	85.0	3.0 oz	0.183
10220	Pork, fresh, ground, cooked	85.0	3.0 oz	0.277
10219	Pork, fresh, ground, raw	28.35	1.0 oz	0.061
10013	Pork, fresh, leg (ham), rump half, separable lean and fat, cooked, roasted	135.0	1.0 cup, diced	0.435
10012	Pork, fresh, leg (ham), rump half, separable lean and fat, raw	28.35	1.0 oz	0.068
10015	Pork, fresh, leg (ham), rump half, separable lean only, cooked, roasted	85.0	3.0 oz	0.292
10014	Pork, fresh, leg (ham), rump half, separable lean only, raw	85.0	3.0 oz	0.221
10017	Pork, fresh, leg (ham), shank half, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.263
10016	Pork, fresh, leg (ham), shank half, separable lean and fat, raw	85.0	3.0 oz	0.201
10019	Pork, fresh, leg (ham), shank half, separable lean only, cooked, roasted	85.0	3.0 oz	0.290
10018	Pork, fresh, leg (ham), shank half, separable lean only, raw	85.0	3.0 oz	0.219
10009	Pork, fresh, leg (ham), whole, separable lean and fat, cooked, roasted	135.0	1.0 cup, diced	0.437
10008	Pork, fresh, leg (ham), whole, separable lean and fat, raw	28.35	1.0 oz	0.059

NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure
10011	Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted	135.0	1.0 cup, diced	0.505
10010	Pork, fresh, leg (ham), whole, separable lean only, raw	28.35	1.0 oz	0.074
10028	Pork, fresh, loin, blade (chops or roasts), bone-in, separable lean and fat, raw	85.0	3.0 oz	0.194
10032	Pork, fresh, loin, blade (chops or roasts), bone-in, separable lean only, raw	85.0	3.0 oz	0.215
10989	Pork, fresh, loin, blade (chops or roasts), boneless, separable lean and fat only, raw	85.0	3.0 oz	0.207
10982	Pork, fresh, loin, blade (chops or roasts), boneless, separable lean only, raw	85.0	3.0 oz	0.216
10029	Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, braised	85.0	3.0 oz	0.269
10030	Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, broiled	85.0	3.0 oz	0.240
10178	Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, pan-fried	85.0	3.0 oz	0.246
10033	Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, braised	85.0	3.0 oz	0.283
10034	Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, broiled	85.0	3.0 oz	0.252
10120	Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, pan-fried	85.0	3.0 oz	0.260
10984	Pork, fresh, loin, blade (chops), boneless, separable lean only, boneless, cooked, broiled	85.0	3.0 oz	0.264
10031	Pork, fresh, loin, blade (roasts), bone-in, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.246
10035	Pork, fresh, loin, blade (roasts), bone-in, separable lean only, cooked, roasted	85.0	3.0 oz	0.260
10990	Pork, fresh, loin, blade (roasts), boneless, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.268
10983	Pork, fresh, loin, blade (roasts), boneless, separable lean only, cooked, roasted	85.0	3.0 oz	0.279
10037	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, braised	85.0	3.0 oz	0.286
10038	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, broiled	85.0	3.0 oz	0.230
10179	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, pan-fried	85.0	3.0 oz	0.280
10036	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, raw	85.0	3.0 oz	0.185
10041	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, braised	85.0	3.0 oz	0.305
10042	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, broiled	146.0	1.0 chop without refuse (Yield from 1 cooked chop, with refuse, weighing 209g)	0.412
10176	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, pan-fried	85.0	3.0 oz	0.299
10040	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, raw	85.0	3.0 oz	0.196
10189	Pork, fresh, loin, center loin (chops), boneless, separable lean and fat, cooked, pan-broiled	85.0	3.0 oz	0.240
10164	Pork, fresh, loin, center loin (chops), boneless, separable lean and fat, raw	85.0	3.0 oz	0.214
10163	Pork, fresh, loin, center loin (chops), boneless, separable lean only, cooked, pan-broiled	114.0	4.0 oz	0.360
10094	Pork, fresh, loin, center loin (chops), boneless, separable lean only, raw	114.0	4.0 oz	0.323
10039	Pork, fresh, loin, center loin (roasts), bone-in, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.273
10043	Pork, fresh, loin, center loin (roasts), bone-in, separable lean only, cooked, roasted	85.0	3.0 oz	0.289
10044	Pork, fresh, loin, center rib (chops or roasts), bone-in, separable lean and fat, raw	133.0	1.0 chop without refuse (Yield from 1 raw chop, with refuse, weighing 201g)	0.285
10048	Pork, fresh, loin, center rib (chops or roasts), bone-in, separable lean only, raw	85.0	3.0 oz	0.195
10194	Pork, fresh, loin, center rib (chops or roasts), boneless, separable lean and fat, raw	85.0	3.0 oz	0.208



NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure
10199	Pork, fresh, loin, center rib (chops or roasts), boneless, separable lean only, raw	85.0	3.0 oz	0.235
10045	Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, braised	85.0	3.0 oz	0.269
10046	Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, broiled	112.0	1.0 chop without refuse (Yield from 1 cooked chop, with refuse, weighing 172g)	0.288
10180	Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, pan-fried	85.0	3.0 oz	0.271
10049	Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, braised	85.0	3.0 oz	0.294
10050	Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, broiled	85.0	3.0 oz	0.230
10177	Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, pan-fried	85.0	3.0 oz	0.292
10195	Pork, fresh, loin, center rib (chops), boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	0.274
10196	Pork, fresh, loin, center rib (chops), boneless, separable lean and fat, cooked, broiled	85.0	3.0 oz	0.288
10197	Pork, fresh, loin, center rib (chops), boneless, separable lean and fat, cooked, pan-fried	85.0	3.0 oz	0.267
10200	Pork, fresh, loin, center rib (chops), boneless, separable lean only, cooked, braised	85.0	3.0 oz	0.302
10201	Pork, fresh, loin, center rib (chops), boneless, separable lean only, cooked, broiled	85.0	3.0 oz	0.318
10202	Pork, fresh, loin, center rib (chops), boneless, separable lean only, cooked, pan-fried	85.0	3.0 oz	0.299
10047	Pork, fresh, loin, center rib (roasts), bone-in, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.273
10051	Pork, fresh, loin, center rib (roasts), bone-in, separable lean only, cooked, roasted	85.0	3.0 oz	0.292
10198	Pork, fresh, loin, center rib (roasts), boneless, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.292
10203	Pork, fresh, loin, center rib (roasts), boneless, separable lean only, cooked, roasted	85.0	3.0 oz	0.311
10992	Pork, fresh, loin, country-style ribs, separable lean and fat, bone-in, cooked, broiled	122.0	1.0 rack	0.371
10206	Pork, fresh, loin, country-style ribs, separable lean and fat, bone-in, cooked, roasted	138.0	1.0 rack	0.380
10991	Pork, fresh, loin, country-style ribs, separable lean and fat, boneless, cooked, broiled	122.0	1.0 rack	0.382
10993	Pork, fresh, loin, country-style ribs, separable lean and fat, boneless, cooked, roasted	138.0	1.0 rack	0.433
10205	Pork, fresh, loin, country-style ribs, separable lean and fat, cooked, braised	86.0	1.0 rib without refuse (Yield from 1 cooked rib, with refuse, weighing 140g)	0.240
10204	Pork, fresh, loin, country-style ribs, separable lean and fat, raw	128.0	1.0 rib without refuse (Yield from 1 raw rib, with refuse, weighing 196g)	0.261
10986	Pork, fresh, loin, country-style ribs, separable lean only, bone-in, cooked, broiled	122.0	1.0 rack	0.404
10209	Pork, fresh, loin, country-style ribs, separable lean only, bone-in, cooked, roasted	138.0	1.0 rack	0.480
10985	Pork, fresh, loin, country-style ribs, separable lean only, boneless, cooked, broiled	122.0	1.0 rack	0.404
10987	Pork, fresh, loin, country-style ribs, separable lean only, boneless, cooked, roasted	138.0	1.0 rack	0.480
10208	Pork, fresh, loin, country-style ribs, separable lean only, cooked, braised	80.0	1.0 rib without refuse (yield from 1 cooked rib, with refuse, weighing 141g)	0.234
10207	Pork, fresh, loin, country-style ribs, separable lean only, raw	85.0	3.0 oz	0.185
10052	Pork, fresh, loin, sirloin (chops or roasts), bone-in, separable lean and fat, raw	85.0	3.0 oz	0.184
10056	Pork, fresh, loin, sirloin (chops or roasts), bone-in, separable lean only, raw	85.0	3.0 oz	0.194
10210	Pork, fresh, loin, sirloin (chops or roasts), boneless, separable lean and fat, raw	85.0	3.0 oz	0.228

NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure
10214	Pork, fresh, loin, sirloin (chops or roasts), boneless, separable lean only, raw	85.0	3.0 oz	0.230
10053	Pork, fresh, loin, sirloin (chops), bone-in, separable lean and fat, cooked, braised	85.0	3.0 oz	0.292
10054	Pork, fresh, loin, sirloin (chops), bone-in, separable lean and fat, cooked, broiled	85.0	3.0 oz	0.273
10057	Pork, fresh, loin, sirloin (chops), bone-in, separable lean only, cooked, braised	85.0	3.0 oz	0.314
10058	Pork, fresh, loin, sirloin (chops), bone-in, separable lean only, cooked, broiled	85.0	3.0 oz	0.297
10211	Pork, fresh, loin, sirloin (chops), boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	0.287
10212	Pork, fresh, loin, sirloin (chops), boneless, separable lean and fat, cooked, broiled	85.0	3.0 oz	0.286
10215	Pork, fresh, loin, sirloin (chops), boneless, separable lean only, cooked, braised	85.0	3.0 oz	0.291
10216	Pork, fresh, loin, sirloin (chops), boneless, separable lean only, cooked, broiled	85.0	3.0 oz	0.289
10055	Pork, fresh, loin, sirloin (roasts), bone-in, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.238
10059	Pork, fresh, loin, sirloin (roasts), bone-in, separable lean only, cooked, roasted	85.0	3.0 oz (Yield from 1 cooked roast, with refuse, weighing 1515g)	0.248
10213	Pork, fresh, loin, sirloin (roasts), boneless, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.300
10217	Pork, fresh, loin, sirloin (roasts), boneless, separable lean only, cooked, roasted	85.0	3.0 oz	0.308
10221	Pork, fresh, loin, tenderloin, separable lean and fat, cooked, broiled	85.0	3.0 oz	0.320
10222	Pork, fresh, loin, tenderloin, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.233
10218	Pork, fresh, loin, tenderloin, separable lean and fat, raw	85.0	3.0 oz	0.184
10952	Pork, fresh, loin, tenderloin, separable lean and fat, with added solution, cooked, roasted	85.0	3.0 oz	0.192
10951	Pork, fresh, loin, tenderloin, separable lean and fat, with added solution, raw	85.0	3.0 oz	0.180
10223	Pork, fresh, loin, tenderloin, separable lean only, cooked, broiled	85.0	3.0 oz	0.328
10061	Pork, fresh, loin, tenderloin, separable lean only, cooked, roasted	85.0	3.0 oz	0.234
10060	Pork, fresh, loin, tenderloin, separable lean only, raw	85.0	3.0 oz	0.187
10943	Pork, fresh, loin, tenderloin, separable lean only, with added solution, cooked, roasted	85.0	3.0 oz	0.193
10063	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, cooked, braised	135.0	1.0 chop	0.470
10064	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, cooked, broiled	145.0	1.0 chop	0.406
10186	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, cooked, pan-fried	142.0	1.0 chop	0.496
10062	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, raw	85.0	3.0 oz	0.193
10950	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, with added solution, cooked, broiled	107.0	1.0 chop	0.269
10859	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, with added solution, cooked, pan-broiled	150.0	1.0 chop boneless (yield from 189g raw meat)	0.388
10949	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, with added solution, raw	146.0	1.0 chop	0.308
10067	Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, braised	135.0	1.0 chop	0.490
10068	Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, broiled	145.0	1.0 chop	0.420
10181	Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, pan-fried	142.0	1.0 chop	0.514
10066	Pork, fresh, loin, top loin (chops), boneless, separable lean only, raw	85.0	3.0 oz	0.201
10947	Pork, fresh, loin, top loin (chops), boneless, separable lean only, with added solution, cooked, broiled	107.0	1.0 chop	0.279

NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure
10858	Pork, fresh, loin, top loin (chops), boneless, separable lean only, with added solution, cooked, pan-broiled	150.0	1.0 chop boneless	0.402
10948	Pork, fresh, loin, top loin (chops), boneless, separable lean only, with added solution, raw	114.0	4.0 oz	0.261
10065	Pork, fresh, loin, top loin (roasts), boneless, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.236
10224	Pork, fresh, loin, top loin (roasts), boneless, separable lean and fat, raw	85.0	3.0 oz	0.191
10069	Pork, fresh, loin, top loin (roasts), boneless, separable lean only, cooked, roasted	85.0	3.0 oz	0.244
10225	Pork, fresh, loin, top loin (roasts), boneless, separable lean only, raw	85.0	3.0 oz	0.201
10021	Pork, fresh, loin, whole, separable lean and fat, cooked, braised	85.0	3.0 oz	0.286
10022	Pork, fresh, loin, whole, separable lean and fat, cooked, broiled	85.0	3.0 oz	0.287
10023	Pork, fresh, loin, whole, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.290
10020	Pork, fresh, loin, whole, separable lean and fat, raw	85.0	3.0 oz	0.207
10025	Pork, fresh, loin, whole, separable lean only, cooked, braised	85.0	3.0 oz	0.309
10026	Pork, fresh, loin, whole, separable lean only, cooked, broiled	85.0	3.0 oz	0.309
10027	Pork, fresh, loin, whole, separable lean only, cooked, roasted	85.0	3.0 oz	0.309
10024	Pork, fresh, loin, whole, separable lean only, raw	85.0	3.0 oz	0.231
10007	Pork, fresh, separable fat, cooked	28.35	1.0 oz	0.024
10006	Pork, fresh, separable fat, raw	28.35	1.0 oz	0.031
10081	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, cooked, braised	85.0	3.0 oz	0.224
10080	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, raw	85.0	3.0 oz	0.156
10954	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, with added solution, cooked, braised	85.0	3.0 oz	0.231
10953	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat,with added solution, raw	85.0	3.0 oz	0.154
10085	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, cooked, braised	85.0	3.0 oz	0.238
10084	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, raw	85.0	3.0 oz	0.167
10945	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, with added solution cooked, braised	85.0	3.0 oz	0.246
10946	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, with added solution, raw	85.0	3.0 oz	0.164
10075	Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, braised	85.0	3.0 oz	0.252
10076	Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, roasted	135.0	1.0 cup, diced	0.369
10074	Pork, fresh, shoulder, arm picnic, separable lean and fat, raw	85.0	3.0 oz	0.190
10078	Pork, fresh, shoulder, arm picnic, separable lean only, cooked, braised	85.0	3.0 oz	0.271
10079	Pork, fresh, shoulder, arm picnic, separable lean only, cooked, roasted	85.0	3.0 oz	0.288
10077	Pork, fresh, shoulder, arm picnic, separable lean only, raw	85.0	3.0 oz	0.205
10083	Pork, fresh, shoulder, blade, boston (roasts), separable lean and fat, cooked, roasted	85.0	3.0 oz	0.241
10087	Pork, fresh, shoulder, blade, boston (roasts), separable lean only, cooked, roasted	85.0	3.0 oz	0.262
10082	Pork, fresh, shoulder, blade, boston (steaks), separable lean and fat, cooked, broiled	85.0	3.0 oz	0.276

NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure
10086	Pork, fresh, shoulder, blade, boston (steaks), separable lean only, cooked, broiled	85.0	3.0 oz	0.289
10071	Pork, fresh, shoulder, whole, separable lean and fat, cooked, roasted	135.0	1.0 cup, diced	0.375
10070	Pork, fresh, shoulder, whole, separable lean and fat, raw	28.35	1.0 oz	0.059
10073	Pork, fresh, shoulder, whole, separable lean only, cooked, roasted	135.0	1.0 cup, diced	0.435
10072	Pork, fresh, shoulder, whole, separable lean only, raw	28.35	1.0 oz	0.070
10089	Pork, fresh, spareribs, separable lean and fat, cooked, braised	85.0	3.0 oz	0.314
10940	Pork, fresh, spareribs, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.187
10088	Pork, fresh, spareribs, separable lean and fat, raw	85.0	3.0 oz	0.139
10097	Pork, fresh, variety meats and by-products, brain, cooked, braised	85.0	3.0 oz	0.132
10096	Pork, fresh, variety meats and by-products, brain, raw	28.35	1.0 oz	0.037
10101	Pork, fresh, variety meats and by-products, ears, frozen, cooked, simmered	111.0	1.0 ear (yield after cooking)	0.034
10100	Pork, fresh, variety meats and by-products, ears, frozen, raw	28.35	1.0 oz	0.012
10104	Pork, fresh, variety meats and by-products, heart, cooked, braised	145.0	1.0 cup	0.394
10103	Pork, fresh, variety meats and by-products, heart, raw	28.35	1.0 oz	0.056
10105	Pork, fresh, variety meats and by-products, jowl, raw	28.35	1.0 oz	0.006
10107	Pork, fresh, variety meats and by-products, kidneys, cooked, braised	140.0	1.0 cup	0.461
10106	Pork, fresh, variety meats and by-products, kidneys, raw	28.35	1.0 oz	0.060
10109	Pork, fresh, variety meats and by-products, leaf fat, raw	28.35	1.0 oz	0.002
10111	Pork, fresh, variety meats and by-products, liver, cooked, braised	85.0	3.0 oz	0.311
10110	Pork, fresh, variety meats and by-products, liver, raw	28.35	1.0 oz	0.085
10113	Pork, fresh, variety meats and by-products, lungs, cooked, braised	85.0	3.0 oz	0.124
10112	Pork, fresh, variety meats and by-products, lungs, raw	28.35	1.0 oz	0.035
10114	Pork, fresh, variety meats and by-products, mechanically separated, raw	28.35	1.0 oz	0.057
10116	Pork, fresh, variety meats and by-products, pancreas, cooked, braised	85.0	3.0 oz	0.531
10115	Pork, fresh, variety meats and by-products, pancreas, raw	28.35	1.0 oz	0.115
10118	Pork, fresh, variety meats and by-products, spleen, cooked, braised	85.0	3.0 oz	0.246
10117	Pork, fresh, variety meats and by-products, spleen, raw	28.35	1.0 oz	0.052
10175	Pork, fresh, variety meats and by-products, tail, cooked, simmered	85.0	3.0 oz	0.087
10174	Pork, fresh, variety meats and by-products, tail, raw	28.35	1.0 oz	0.025
10122	Pork, fresh, variety meats and by-products, tongue, cooked, braised	85.0	3.0 oz	0.236
10121	Pork, fresh, variety meats and by-products, tongue, raw	28.35	1.0 oz	0.053
10974	Pork, ground, 72% lean / 28% fat, cooked, crumbles	113.0	4.0 oz	0.333
10977	Pork, ground, 72% lean / 28% fat, cooked, pan-broiled	85.0	3.0 oz grilled patties	0.248
10975	Pork, ground, 84% lean / 16% fat, cooked, crumbles	85.0	3.0 oz grilled patties	0.292
10978	Pork, ground, 84% lean / 16% fat, cooked, pan-broiled	85.0	3.0 oz grilled patties	0.298
10972	Pork, ground, 84% lean / 16% fat, raw	113.0	4.0 oz	0.262

NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure
10976	Pork, ground, 96% lean / 4% fat, cooked, crumbles	85.0	3.0 oz grilled patties	0.335
10979	Pork, ground, 96% lean / 4% fat, cooked, pan-broiled	85.0	3.0 oz grilled patties	0.348
10973	Pork, ground, 96% lean / 4% fat, raw	113.0	4.0 oz	0.307
10957	Pork, Leg Cap Steak, boneless, separable lean and fat, raw	85.0	3.0 oz	0.219
10962	Pork, Leg sirloin tip roast, boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	0.314
10963	Pork, Leg sirloin tip roast, boneless, separable lean and fat, raw	85.0	3.0 oz	0.231
10956	Pork, loin, leg cap steak, boneless, separable lean and fat, cooked, broiled	85.0	3.0 oz	0.279
43297	Pork, oriental style, dehydrated	22.0	1.0 cup	0.023
10898	Pork, pickled pork hocks	117.0	3.0 oz	0.044
10959	Pork, Shoulder breast, boneless, separable lean and fat, cooked, broiled	85.0	3.0 oz	0.288
10958	Pork, Shoulder breast, boneless, separable lean and fat, raw	85.0	3.0 oz	0.228
10961	Pork, Shoulder petite tender, boneless, separable lean and fat, raw	105.0	1.0 piece	0.271
10960	Pork, shoulder, petite tender, boneless, separable lean and fat, cooked, broiled	92.0	1.0 piece	0.301
11413	Potato flour	160.0	1.0 cup	0.184
11672	Potato pancakes	22.0	1.0 small 2-3/4 in. dia., 5/8 in. thick.	0.019
11399	Potato puffs, frozen, oven-heated	79.0	10.0 puffs	0.016
11398	Potato puffs, frozen, unprepared	120.0	1.0 cup	0.022
11414	Potato salad, home-prepared	250.0	1.0 cup	0.105
11373	Potatoes, au gratin, home-prepared from recipe using butter	245.0	1.0 cup	0.172
11843	Potatoes, au gratin, home-prepared from recipe using margarine	245.0	1.0 cup	0.172
11828	Potatoes, baked, flesh and skin, with salt	61.0	0.5 cup	0.015
11674	Potatoes, baked, flesh and skin, without salt	148.0	1.0 NLEA serving	0.037
11829	Potatoes, baked, flesh, with salt	61.0	0.5 cup	0.018
11363	Potatoes, baked, flesh, without salt	61.0	0.5 cup	0.018
11831	Potatoes, boiled, cooked in skin, flesh, with salt	78.0	0.5 cup	0.023
11365	Potatoes, boiled, cooked in skin, flesh, without salt	78.0	0.5 cup	0.023
11833	Potatoes, boiled, cooked without skin, flesh, with salt	78.0	0.5 cup	0.021
11367	Potatoes, boiled, cooked without skin, flesh, without salt	78.0	0.5 cup	0.021
11376	Potatoes, canned, drained solids	180.0	1.0 cup	0.040
11374	Potatoes, canned, solids and liquids	300.0	1.0 cup, whole	0.054
11352	Potatoes, flesh and skin, raw	75.0	0.5 cup, diced	0.016
11403	Potatoes, french fried, all types, salt added in processing, frozen, home-prepared, oven heated	76.0	10.0 fries	0.018
11402	Potatoes, french fried, all types, salt added in processing, frozen, unprepared	89.0	10.0 strip	0.018
11406	Potatoes, french fried, cottage-cut, salt not added in processing, frozen, as purchased	65.0	10.0 strips	0.021
11407	Potatoes, french fried, cottage-cut, salt not added in processing, frozen, oven-heated	50.0	10.0 strips	0.023
11359	Potatoes, french fried, crinkle or regular cut, salt added in processing, frozen, as purchased	82.0	10.0 strip	0.017

NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure
11360	Potatoes, french fried, crinkle or regular cut, salt added in processing, frozen, oven-heated	69.0	10.0 strip	0.015
11394	Potatoes, french fried, shoestring, salt added in processing, frozen, as purchased	30.0	10.0 strip	0.006
11395	Potatoes, french fried, shoestring, salt added in processing, frozen, oven-heated	21.0	10.0 strip	0.005
11411	Potatoes, french fried, steak fries, salt added in processing, frozen, as purchased	153.0	10.0 strip	0.029
11840	Potatoes, frozen, french fried, par fried, cottage-cut, prepared, heated in oven, with salt	50.0	10.0 strips	0.023
11409	Potatoes, frozen, french fried, par fried, extruded, prepared, heated in oven, without salt	50.0	10.0 strips	0.024
11408	Potatoes, frozen, french fried, par fried, extruded, unprepared	65.0	10.0 strips	0.025
11400	Potatoes, frozen, whole, unprepared	182.0	1.0 cup	0.067
11391	Potatoes, hash brown, frozen, plain, prepared, pan fried in canola oil	150.0	1.0 cup prepared	0.038
11390	Potatoes, hash brown, frozen, plain, unprepared	105.0	0.5 cup	0.029
11370	Potatoes, hash brown, home-prepared	156.0	1.0 cup	0.073
11378	Potatoes, mashed, dehydrated, flakes without milk, dry form	60.0	1.0 cup	0.047
11382	Potatoes, mashed, dehydrated, granules with milk, dry form	200.0	1.0 cup	0.196
11380	Potatoes, mashed, dehydrated, granules without milk, dry form	200.0	1.0 cup	0.162
11379	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added	210.0	1.0 cup	0.057
11930	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and margarine added	210.0	1.0 cup	0.040
11383	Potatoes, mashed, dehydrated, prepared from granules with milk, water and margarine added	210.0	1.0 cup	0.065
11381	Potatoes, mashed, dehydrated, prepared from granules without milk, whole milk and butter added	210.0	1.0 cup	0.048
11657	Potatoes, mashed, home-prepared, whole milk added	210.0	1.0 cup	0.061
11934	Potatoes, mashed, home-prepared, whole milk and butter added	210.0	1.0 cup	0.069
11371	Potatoes, mashed, home-prepared, whole milk and margarine added	210.0	1.0 cup	0.063
11929	Potatoes, mashed, prepared from granules, without milk, whole milk and margarine	210.0	1.0 cup	0.048
11675	Potatoes, microwaved, cooked in skin, flesh and skin, without salt	202.0	1.0 potato (2-3/4" dia by 4-3/4" long)	0.077
11835	Potatoes, microwaved, cooked in skin, flesh, with salt	78.0	0.5 cup	0.026
11368	Potatoes, microwaved, cooked in skin, flesh, without salt	78.0	0.5 cup	0.026
11834	Potatoes, microwaved, cooked, in skin, flesh and skin, with salt	202.0	1.0 potato (2-1/3" x 4-3/4")	0.077
11671	Potatoes, o'brien, home-prepared	194.0	1.0 cup	0.068
11358	Potatoes, red, flesh and skin, baked	299.0	1.0 potato large (3" to 4-1/4" dia.	0.069
11355	Potatoes, red, flesh and skin, raw	75.0	0.5 cup, diced	0.014
11356	Potatoes, Russet, flesh and skin, baked	299.0	1.0 potato large (3" to 4-1/4" dia.	0.081
11372	Potatoes, scalloped, home-prepared with butter	245.0	1.0 cup	0.103
11844	Potatoes, scalloped, home-prepared with margarine	245.0	1.0 cup	0.103
11357	Potatoes, white, flesh and skin, baked	299.0	1.0 potato large (3" to 4-1/4" dia)	0.063
11354	Potatoes, white, flesh and skin, raw	75.0	0.5 cup, diced	0.013
07067	Poultry salad sandwich spread	13.0	1.0 tbsp	0.017
05301	Poultry, mechanically deboned, from backs and necks with skin, raw	227.0	0.5 lb	0.207

NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure
05302	Poultry, mechanically deboned, from backs and necks without skin, raw	227.0	0.5 lb	0.250
05303	Poultry, mechanically deboned, from mature hens, raw	227.0	0.5 lb	0.268
19121	Puddings, banana, dry mix, instant, prepared with 2% milk	147.0	0.5 cup From 19191	0.057
19319	Puddings, banana, dry mix, instant, prepared with whole milk	127.0	0.5 cup	0.077
19320	Puddings, banana, dry mix, regular	88.0	1.0 package (3.12 oz)	0.000
19122	Puddings, banana, dry mix, regular, prepared with 2% milk	142.0	0.5 cup From 19211	0.058
19321	Puddings, banana, dry mix, regular, prepared with whole milk	127.0	0.5 cup	0.081
19706	Puddings, banana, dry mix, regular, with added oil	88.0	1.0 package (3.12 oz)	0.000
19123	Puddings, chocolate, dry mix, instant, prepared with 2% milk	142.0	0.5 cup From 19211	0.062
19185	Puddings, chocolate, dry mix, instant, prepared with whole milk	147.0	0.5 cup	0.062
19190	Puddings, chocolate, dry mix, regular, prepared with 2% milk	128.0	0.5 cup	0.045
19191	Puddings, coconut cream, dry mix, instant, prepared with 2% milk	147.0	0.5 cup	0.056
19323	Puddings, coconut cream, dry mix, instant, prepared with whole milk	147.0	0.5 cup	0.056
19219	Puddings, coconut cream, dry mix, regular, prepared with 2% milk	140.0	0.5 cup	0.057
19325	Puddings, coconut cream, dry mix, regular, prepared with whole milk	140.0	0.5 cup	0.056
19330	Puddings, lemon, dry mix, instant	99.0	1.0 package (3.5 oz)	0.000
19204	Puddings, lemon, dry mix, instant, prepared with 2% milk	8.0	1.0 serving	0.003
19331	Puddings, lemon, dry mix, instant, prepared with whole milk	147.0	0.5 cup	0.053
19332	Puddings, lemon, dry mix, regular	85.0	1.0 package (3 oz)	0.000
19708	Puddings, lemon, dry mix, regular, with added oil, potassium, sodium	85.0	1.0 package (3 oz)	0.000
19208	Puddings, rice, dry mix, prepared with 2% milk	128.0	0.5 cup	0.050
19195	Puddings, rice, dry mix, prepared with whole milk	128.0	0.5 cup	0.050
19198	Puddings, tapioca, dry mix	92.0	1.0 package (3.5 oz)	0.002
19209	Puddings, tapioca, dry mix, prepared with 2% milk	128.0	0.5 cup	0.052
19199	Puddings, tapioca, dry mix, prepared with whole milk	128.0	0.5 cup	0.051
19709	Puddings, tapioca, dry mix, with no added salt	92.0	1.0 package (3.5 oz)	0.002
19203	Puddings, vanilla, dry mix, instant, prepared with whole milk	142.0	0.5 cup	0.051
19206	Puddings, vanilla, dry mix, regular	88.0	1.0 package (3.12 oz)	0.001
19212	Puddings, vanilla, dry mix, regular, prepared with 2% milk	128.0	0.5 cup	0.052
19710	Puddings, vanilla, dry mix, regular, with added oil	88.0	1.0 package (3.12 oz)	0.001
18337	Puff pastry, frozen, ready-to-bake	28.35	1.0 oz	0.024
18211	Puff pastry, frozen, ready-to-bake, baked	28.35	1.0 oz	0.024
11848	Pumpkin leaves, cooked, boiled, drained, with salt	71.0	1.0 cup	0.025
11419	Pumpkin leaves, cooked, boiled, drained, without salt	71.0	1.0 cup	0.025
11418	Pumpkin leaves, raw	39.0	1.0 cup	0.016
11426	Pumpkin pie mix, canned	270.0	1.0 cup	0.035

NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure
11846	Pumpkin, canned, with salt	245.0	1.0 cup	0.032
11424	Pumpkin, canned, without salt	245.0	1.0 cup	0.032
11845	Pumpkin, cooked, boiled, drained, with salt	245.0	1.0 cup, mashed	0.022
11423	Pumpkin, cooked, boiled, drained, without salt	245.0	1.0 cup, mashed	0.022
11422	Pumpkin, raw	116.0	1.0 cup (1" cubes)	0.014
11849	Purslane, cooked, boiled, drained, with salt	115.0	1.0 cup	0.018
11428	Purslane, cooked, boiled, drained, without salt	115.0	1.0 cup	0.018
05159	Quail, breast, meat only, raw	85.0	3.0 oz	0.301
05157	Quail, meat and skin, raw	109.0	1.0 quail	0.314
05158	Quail, meat only, raw	92.0	1.0 quail	0.314
20137	Quinoa, cooked	185.0	1.0 cup	0.096
20035	Quinoa, uncooked	170.0	1.0 cup	0.284
11952	Radicchio, raw	40.0	1.0 cup, shredded	0.010
11850	Radishes, oriental, cooked, boiled, drained, with salt	147.0	1.0 cup slices	0.006
11431	Radishes, oriental, cooked, boiled, drained, without salt	147.0	1.0 cup, sliced	0.006
11432	Radishes, oriental, dried	116.0	1.0 cup	0.050
11430	Radishes, oriental, raw	116.0	1.0 cup slices	0.003
11429	Radishes, raw	116.0	1.0 cup slices	0.010
11637	Radishes, white icicle, raw	50.0	0.5 cup slices	0.003
09298	Raisins, seedless	165.0	1.0 cup, packed	0.082
22976	Ravioli, cheese with tomato sauce, frozen, not prepared, includes regular and light entrees	159.0	1.0 cup	0.089
22900	Ravioli, meat-filled, with tomato sauce or meat sauce, canned	262.0	1.0 cup	0.084
16103	Refried beans, canned, traditional style (includes USDA commodity)	238.0	1.0 cup	0.155
16403	Refried beans, canned, traditional, reduced sodium	238.0	1.0 cup	0.140
36603	Restaurant, Chinese, beef and vegetables	574.0	1.0 order	0.476
36626	Restaurant, Chinese, chicken and vegetables	693.0	1.0 order	0.513
36623	Restaurant, Chinese, chicken chow mein	604.0	1.0 order	0.501
36601	Restaurant, Chinese, egg rolls, assorted	89.0	1.0 piece	0.059
36602	Restaurant, Chinese, fried rice, without meat	137.0	1.0 cup	0.071
36618	Restaurant, Chinese, general tso's chicken	535.0	1.0 order	0.760
36619	Restaurant, Chinese, kung pao chicken	604.0	1.0 order	0.713
36617	Restaurant, Chinese, lemon chicken	623.0	1.0 order	0.878
36629	Restaurant, Chinese, orange chicken	648.0	1.0 order	0.732
36620	Restaurant, Chinese, shrimp and vegetables	601.0	1.0 order	0.355
36621	Restaurant, Chinese, sweet and sour chicken	706.0	1.0 order	0.748
36622	Restaurant, Chinese, sweet and sour pork	609.0	1.0 order	0.633



NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure
36015	Restaurant, family style, chicken fingers, from kid's menu	114.0	1.0 serving	0.243
36034	Restaurant, family style, chicken tenders	201.0	1.0 serving	0.420
36037	Restaurant, family style, chili with meat and beans	136.0	1.0 cup	0.196
36033	Restaurant, family style, fish fillet, battered or breaded, fried	226.0	1.0 serving	0.337
36014	Restaurant, family style, french fries	170.0	1.0 serving	0.083
36012	Restaurant, family style, fried mozzarella sticks	245.0	1.0 serving	0.448
36017	Restaurant, family style, macaroni & cheese, from kids' menu	136.0	1.0 cup	0.107
36036	Restaurant, family style, onion rings	259.0	1.0 serving	0.119
36016	Restaurant, family style, shrimp, breaded and fried	169.0	1.0 serving	0.245
36013	Restaurant, family style, sirloin steak	166.0	1.0 serving	0.652
36038	Restaurant, family style, spaghetti and meatballs	134.0	1.0 cup	0.121
36055	Restaurant, Italian, cheese ravioli with marinara sauce	427.0	1.0 serving serving size varied by diameter and count of ravioli	0.559
36059	Restaurant, Italian, chicken parmesan without pasta	301.0	1.0 serving	0.611
36041	Restaurant, Italian, lasagna with meat	457.0	1.0 serving	0.612
36630	Restaurant, Italian, spaghetti with meat sauce	554.0	1.0 serving	0.299
36046	Restaurant, Italian, spaghetti with pomodoro sauce (no meat)	510.0	1.0 serving	0.204
36415	Restaurant, Latino, arepa (unleavened cornmeal bread)	98.0	1.0 piece	0.047
36405	Restaurant, Latino, Arroz con frijoles negros (rice and black beans)	461.0	1.0 serving	0.267
36407	Restaurant, Latino, Arroz con grandules (rice and pigeonpeas)	653.0	1.0 serving	0.326
36406	Restaurant, Latino, Arroz con habichuelas colorados (Rice And Red Beans)	590.0	1.0 serving	0.301
36404	Restaurant, Latino, arroz con leche (rice pudding)	283.0	1.0 serving	0.238
36413	Restaurant, Latino, black bean soup	246.0	1.0 cup	0.093
36416	Restaurant, Latino, bunuelos (fried yeast bread)	70.0	1.0 piece	0.064
36401	Restaurant, Latino, chicken and rice, entree, prepared	141.0	1.0 cup	0.223
36403	Restaurant, Latino, empanadas, beef, prepared	89.0	1.0 piece	0.105
36408	Restaurant, Latino, pupusas con frijoles (pupusas, bean)	126.0	1.0 piece	0.069
36409	Restaurant, Latino, pupusas con queso (pupusas, cheese)	117.0	1.0 piece	0.178
36410	Restaurant, Latino, pupusas del cerdo (pupusas, pork)	122.0	1.0 piece	0.148
36411	Restaurant, Latino, tamale, corn	166.0	1.0 piece	0.056
36412	Restaurant, Latino, tamale, pork	142.0	1.0 piece	0.095
36414	Restaurant, Latino, tripe soup	200.0	1.0 cup	0.128
36050	Restaurant, Mexican, cheese enchilada	244.0	1.0 serving serving size varied from 1 to 3 enchiladas	0.368
36052	Restaurant, Mexican, cheese quesadilla	205.0	1.0 serving serving size varied on diameter and count of quesadila	0.394
36056	Restaurant, Mexican, cheese tamales	302.0	1.0 serving serving size varied from 1 to 3 tamales	0.332

NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure
36418	Restaurant, Mexican, refried beans	148.0	1.0 cup	0.105
36061	Restaurant, Mexican, soft taco with ground beef, cheese and lettuce	281.0	1.0 serving varied from 1 to 3 tacos per serving	0.351
36417	Restaurant, Mexican, spanish rice	116.0	1.0 cup	0.051
32000	Rice and vermicelli mix, beef flavor, unprepared	61.0	0.333 cup	0.069
32002	Rice and vermicelli mix, rice pilaf flavor, unprepared	68.0	0.333 cup	0.058
22958	Rice bowl with chicken, frozen entree, prepared (includes fried, teriyaki, and sweet and sour varieties)	340.0	1.0 bowl	0.224
20060	Rice bran, crude	118.0	1.0 cup	0.127
20090	Rice flour, brown	158.0	1.0 cup	0.145
20061	Rice flour, white, unenriched	158.0	1.0 cup	0.114
20134	Rice noodles, cooked	176.0	1.0 cup	0.039
20133	Rice noodles, dry	57.0	2.0 oz	0.041
20037	Rice, brown, long-grain, cooked	202.0	1.0 cup	0.067
20036	Rice, brown, long-grain, raw	185.0	1.0 cup	0.187
20041	Rice, brown, medium-grain, cooked	195.0	1.0 cup	0.058
20040	Rice, brown, medium-grain, raw	190.0	1.0 cup	0.182
20055	Rice, white, glutinous, unenriched, cooked	174.0	1.0 cup	0.040
20054	Rice, white, glutinous, unenriched, uncooked	185.0	1.0 cup	0.146
20047	Rice, white, long-grain, parboiled, enriched, cooked	158.0	1.0 cup	0.063
20046	Rice, white, long-grain, parboiled, enriched, dry	185.0	1.0 cup	0.191
20447	Rice, white, long-grain, parboiled, unenriched, cooked	158.0	1.0 cup	0.062
20446	Rice, white, long-grain, parboiled, unenriched, dry	185.0	1.0 cup	0.191
20048	Rice, white, long-grain, precooked or instant, enriched, dry	95.0	1.0 cup	0.101
20049	Rice, white, long-grain, precooked or instant, enriched, prepared	165.0	1.0 cup	0.050
20345	Rice, white, long-grain, regular, cooked, enriched, with salt	158.0	1.0 cup	0.049
20545	Rice, white, long-grain, regular, cooked, unenriched, with salt	158.0	1.0 cup	0.049
20045	Rice, white, long-grain, regular, enriched, cooked	158.0	1.0 cup	0.049
20044	Rice, white, long-grain, regular, raw, enriched	185.0	1.0 cup	0.154
20444	Rice, white, long-grain, regular, raw, unenriched	185.0	1.0 cup	0.154
20445	Rice, white, long-grain, regular, unenriched, cooked without salt	158.0	1.0 cup	0.049
20451	Rice, white, medium-grain, cooked, unenriched	186.0	1.0 cup	0.052
20051	Rice, white, medium-grain, enriched, cooked	186.0	1.0 cup	0.052
20050	Rice, white, medium-grain, raw, enriched	195.0	1.0 cup	0.150
20450	Rice, white, medium-grain, raw, unenriched	195.0	1.0 cup	0.150
20453	Rice, white, short-grain, cooked, unenriched	205.0	1.0 cup	0.055
20053	Rice, white, short-grain, enriched, cooked	186.0	1.0 cup	0.050
20052	Rice, white, short-grain, enriched, uncooked	200.0	1.0 cup	0.150

NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure
20452	Rice, white, short-grain, raw, unenriched	200.0	1.0 cup	0.150
18344	Rolls, dinner, egg	28.35	1.0 oz	0.031
18345	Rolls, dinner, oat bran	28.35	1.0 oz	0.034
18342	Rolls, dinner, plain, commercially prepared (includes brown-and-serve)	28.0	1.0 roll (1 oz)	0.023
18396	Rolls, dinner, plain, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	0.030
18346	Rolls, dinner, rye	43.0	1.0 large (approx 3-1/2" to 4" dia)	0.051
28348	Rolls, dinner, sweet	30.0	1.0 roll	0.027
18347	Rolls, dinner, wheat	28.0	1.0 roll (1 oz)	0.033
18348	Rolls, dinner, whole-wheat	28.0	1.0 roll (1 oz)	0.038
18349	Rolls, french	28.35	1.0 oz	0.028
18351	Rolls, hamburger or hotdog, mixed-grain	28.35	1.0 oz	0.034
18352	Rolls, hamburger or hotdog, reduced-calorie	28.35	1.0 oz	0.024
18353	Rolls, hard (includes kaiser)	28.35	1.0 oz	0.033
43441	Rolls, pumpernickel	36.0	1.0 medium (2-1/2" dia)	0.038
02063	Rosemary, fresh	0.7	1.0 tsp	0.000
20063	Rye flour, dark	128.0	1.0 cup	0.230
20065	Rye flour, light	102.0	1.0 cup	0.113
20064	Rye flour, medium	102.0	1.0 cup	0.125
20062	Rye grain	169.0	1.0 cup	0.183
04120	Salad dressing, french dressing, commercial, regular	16.0	1.0 tbsp	0.001
04020	Salad dressing, french dressing, reduced fat	16.0	1.0 tablespoon	0.000
04133	Salad dressing, french, home recipe	14.0	1.0 tablespoon	0.000
04135	Salad dressing, home recipe, vinegar and oil	16.0	1.0 tablespoon	0.000
04021	Salad dressing, italian dressing, commercial, reduced fat	15.0	1.0 tablespoon	0.001
04114	Salad dressing, italian dressing, commercial, regular	14.7	1.0 tbsp	0.001
04018	Salad dressing, mayonnaise type, regular, with salt	14.7	1.0 tbsp	0.001
04028	Salad dressing, mayonnaise, imitation, milk cream	15.0	1.0 tablespoon	0.004
04027	Salad dressing, mayonnaise, imitation, soybean	15.0	1.0 tbsp	0.000
04029	Salad dressing, mayonnaise, imitation, soybean without cholesterol	14.1	1.0 tablespoon	0.000
04641	Salad dressing, mayonnaise, light	15.0	1.0 tablespoon	0.001
04025	Salad dressing, mayonnaise, regular	13.8	1.0 tbsp	0.002
04026	Salad dressing, mayonnaise, soybean and safflower oil, with salt	13.8	1.0 tablespoon	0.002
04022	Salad dressing, russian dressing, low calorie	16.0	1.0 tablespoon	0.001
04016	Salad dressing, sesame seed dressing, regular	15.0	1.0 tablespoon	0.007
04023	Salad dressing, thousand island dressing, reduced fat	15.0	1.0 tablespoon	0.000
04017	Salad dressing, thousand island, commercial, regular	16.0	1.0 tbsp	0.000

NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure
07068	Salami, cooked, beef	26.0	1.0 slice	0.036
07069	Salami, cooked, beef and pork	12.3	1.0 slice round	0.014
07070	Salami, cooked, turkey	28.0	1.0 serving	0.049
07071	Salami, dry or hard, pork	113.0	1.0 package (4 oz)	0.286
07072	Salami, dry or hard, pork, beef	9.8	1.0 slice	0.025
07926	Salami, Italian, pork	28.0	1.0 oz	0.071
07941	Salami, Italian, pork and beef, dry, sliced, 50% less sodium	28.0	1.0 serving 5 slices	0.059
07913	Salami, pork, beef, less sodium	100.0	3.527 oz	0.114
15264	Salmon, sockeye, canned, drained solids, without skin and bones	85.0	3.0 oz	0.269
15253	Salmon, sockeye, canned, total can contents	85.0	3.0 oz	0.211
02047	Salt, table	6.0	1.0 tsp	0.000
07073	Sandwich spread, pork, beef	15.0	1.0 tbsp	0.012
04030	Sandwich spread, with chopped pickle, regular, unspecified oils	15.0	1.0 tablespoon	0.002
09313	Sapodilla, raw	241.0	1.0 cup, pulp	0.012
09314	Sapote, mamey, raw	175.0	1.0 cup 1" pieces	0.086
06166	Sauce, homemade, white, medium	250.0	1.0 cup	0.108
06167	Sauce, homemade, white, thick	250.0	1.0 cup	0.100
06165	Sauce, homemade, white, thin	250.0	1.0 cup	0.115
06168	Sauce, ready-to-serve, pepper or hot	4.7	1.0 tsp	0.000
06169	Sauce, ready-to-serve, pepper, TABASCO	4.7	1.0 tsp	0.001
11439	Sauerkraut, canned, solids and liquids	142.0	1.0 cup	0.011
07004	Sausage, Berliner, pork, beef	23.0	1.0 slice	0.025
07928	Sausage, chicken, beef, pork, skinless, smoked	84.0	1.0 link	0.122
07089	Sausage, Italian, pork, cooked	83.0	1.0 link, 4/lb	0.134
07036	Sausage, Italian, pork, raw	113.0	1.0 link, 4/lb	0.129
07914	Sausage, Italian, sweet, links	84.0	1.0 link 3 oz	0.093
07927	Sausage, Italian, turkey, smoked	56.0	1.0 serving 2 oz	0.117
16107	Sausage, meatless	25.0	1.0 link	0.070
07915	Sausage, Polish, beef with chicken, hot	55.0	1.0 serving 5 pieces	0.076
07916	Sausage, Polish, pork and beef, smoked	76.0	1.0 serving 2.67 oz	0.081
07917	Sausage, pork and beef, with cheddar cheese, smoked	77.0	12.0 oz serving 2.7 oz	0.115
07979	Sausage, pork, turkey, and beef, reduced sodium	85.0	3.0 oz	0.099
07918	Sausage, summer, pork and beef, sticks, with cheddar cheese	28.35	1.0 oz	0.043
07919	Sausage, turkey, breakfast links, mild	56.0	2.0 oz, 2 links	0.098
07929	Sausage, turkey, hot, smoked	56.0	2.0 oz	0.096
07083	Sausage, Vienna, canned, chicken, beef, pork	16.0	1.0 sausage (7/8" dia x 2" long)	0.017

NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure
31019	Seaweed, Canadian Cultivated EMI-TSUNOMATA, dry	5.0	0.25 cup	0.008
31020	Seaweed, Canadian Cultivated EMI-TSUNOMATA, rehydrated	25.0	0.25 cup	0.005
11445	Seaweed, kelp, raw	10.0	2.0 tbsp (1/8 cup)	0.005
11446	Seaweed, laver, raw	26.0	10.0 sheets	0.011
11667	Seaweed, spirulina, dried	112.0	1.0 cup	1.040
11669	Seaweed, wakame, raw	10.0	2.0 tbsp (1/8 cup)	0.004
12003	Seeds, breadfruit seeds, boiled	28.35	1.0 oz	0.025
12001	Seeds, breadfruit seeds, raw	28.35	1.0 oz	0.035
12158	Seeds, breadfruit seeds, roasted	28.35	1.0 oz	0.029
12005	Seeds, breadnut tree seeds, dried	160.0	1.0 cup	0.374
12004	Seeds, breadnut tree seeds, raw	28.35	1.0 oz (8-14 seeds)	0.046
12006	Seeds, chia seeds, dried	28.35	1.0 oz	0.124
12008	Seeds, cottonseed flour, low fat (glandless)	28.35	1.0 oz	0.213
12007	Seeds, cottonseed flour, partially defatted (glandless)	94.0	1.0 cup	0.581
12160	Seeds, cottonseed kernels, roasted (glandless)	149.0	1.0 cup	0.733
12011	Seeds, cottonseed meal, partially defatted (glandless)	28.35	1.0 oz	0.210
12220	Seeds, flaxseed	10.3	1.0 tbsp, whole	0.031
12012	Seeds, hemp seed, hulled	30.0	3.0 tbsp	0.111
12013	Seeds, lotus seeds, dried	32.0	1.0 cup	0.071
12205	Seeds, lotus seeds, raw	28.35	1.0 oz	0.017
12014	Seeds, pumpkin and squash seed kernels, dried	129.0	1.0 cup	0.743
12516	Seeds, pumpkin and squash seed kernels, roasted, with salt added	118.0	1.0 cup	0.671
12016	Seeds, pumpkin and squash seed kernels, roasted, without salt	118.0	1.0 cup	0.671
12663	Seeds, pumpkin and squash seeds, whole, roasted, with salt added	64.0	1.0 cup	0.209
12163	Seeds, pumpkin and squash seeds, whole, roasted, without salt	64.0	1.0 cup	0.209
12021	Seeds, safflower seed kernels, dried	28.35	1.0 oz	0.052
12022	Seeds, safflower seed meal, partially defatted	28.35	1.0 oz	0.114
12169	Seeds, sesame butter, paste	16.0	1.0 tbsp	0.063
12198	Seeds, sesame butter, tahini, from raw and stone ground kernels	15.0	1.0 tbsp	0.058
12166	Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type)	15.0	1.0 tbsp	0.056
12171	Seeds, sesame butter, tahini, from unroasted kernels (non-chemically removed seed coat)	14.0	1.0 tbsp	0.055
12170	Seeds, sesame flour, high-fat	28.35	1.0 oz	0.191
12033	Seeds, sesame flour, low-fat	28.35	1.0 oz	0.311
12032	Seeds, sesame flour, partially defatted	28.35	1.0 oz	0.250
12034	Seeds, sesame meal, partially defatted	28.35	1.0 oz	0.105
12201	Seeds, sesame seed kernels, dried (decorticated)	150.0	1.0 cup	0.495

NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure
12529	Seeds, sesame seed kernels, toasted, with salt added (decorticated)	128.0	1.0 cup	0.475
12029	Seeds, sesame seed kernels, toasted, without salt added (decorticated)	128.0	1.0 cup	0.475
12023	Seeds, sesame seeds, whole, dried	144.0	1.0 cup	0.559
12024	Seeds, sesame seeds, whole, roasted and toasted	28.35	1.0 oz	0.105
12193	Seeds, sisymbrium sp. seeds, whole, dried	74.0	1.0 cup	0.197
12540	Seeds, sunflower seed butter, with salt added	16.0	1.0 tbsp	0.046
12040	Seeds, sunflower seed butter, without salt	16.0	1.0 tbsp	0.046
12041	Seeds, sunflower seed flour, partially defatted	64.0	1.0 cup	0.470
12536	Seeds, sunflower seed kernels from shell, dry roasted, with salt added	128.0	1.0 cup	0.378
12036	Seeds, sunflower seed kernels, dried	46.0	1.0 cup, with hulls, edible yield	0.160
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	128.0	1.0 cup	0.378
12037	Seeds, sunflower seed kernels, dry roasted, without salt	128.0	1.0 cup	0.378
12538	Seeds, sunflower seed kernels, oil roasted, with salt added	135.0	1.0 cup	0.413
12038	Seeds, sunflower seed kernels, oil roasted, without salt	135.0	1.0 cup	0.413
12539	Seeds, sunflower seed kernels, toasted, with salt added	134.0	1.0 cup	0.352
12039	Seeds, sunflower seed kernels, toasted, without salt	134.0	1.0 cup	0.352
12174	Seeds, watermelon seed kernels, dried	108.0	1.0 cup	0.421
20066	Semolina, enriched	167.0	1.0 cup	0.271
20466	Semolina, unenriched	167.0	1.0 cup	0.271
11922	Sesbania flower, cooked, steamed, with salt	104.0	1.0 cup	0.018
11448	Sesbania flower, cooked, steamed, without salt	104.0	1.0 cup	0.018
11447	Sesbania flower, raw	3.0	1.0 flower	0.001
14347	Shake, fast food, vanilla	20.8	1.0 fl oz	0.012
11640	Shallots, freeze-dried	0.9	1.0 tbsp	0.001
11677	Shallots, raw	10.0	1.0 tbsp chopped	0.003
04546	Shortening bread, soybean (hydrogenated) and cottonseed	12.8	1.0 tablespoon	0.000
04548	Shortening cake mix, soybean (hydrogenated) and cottonseed (hydrogenated)	12.8	1.0 tbsp	0.000
04551	Shortening confectionery, coconut (hydrogenated) and or palm kernel (hydrogenated)	12.8	1.0 tbsp	0.000
04550	Shortening frying (heavy duty), beef tallow and cottonseed	12.8	1.0 tbsp	0.000
04556	Shortening frying (heavy duty), palm (hydrogenated)	12.8	1.0 tbsp	0.000
04560	Shortening frying (heavy duty), soybean (hydrogenated), linoleic (less than 1%)	12.8	1.0 tbsp	0.000
04559	Shortening household soybean (hydrogenated) and palm	12.8	1.0 tbsp	0.000
04549	Shortening industrial, lard and vegetable oil	12.8	1.0 tbsp	0.000
04554	Shortening industrial, soybean (hydrogenated) and cottonseed	12.8	1.0 tbsp	0.000
04570	Shortening, confectionery, fractionated palm	13.6	1.0 tbsp	0.000
04544	Shortening, household, lard and vegetable oil	12.8	1.0 tablespoon	0.000

NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure
04031	Shortening, household, soybean (partially hydrogenated)-cottonseed (partially hydrogenated)	12.8	1.0 tbsp	0.000
04667	Shortening, industrial, soy (partially hydrogenated ) for baking and confections	12.8	1.0 tbsp	0.000
04649	Shortening, industrial, soy (partially hydrogenated), pourable liquid fry shortening	13.6	1.0 tbsp	0.000
21140	Side dishes, potato salad	95.0	0.333 cup	0.016
07074	Smoked link sausage, pork	68.0	1.0 link (4" long x 1-1/8" dia)	0.147
07077	Smoked link sausage, pork and beef, nonfat dry milk added	68.0	1.0 link (4" long x 1-1/8" dia)	0.092
19410	Snack, potato chips, made from dried potatoes, plain	28.0	1.0 oz	0.013
25060	Snack, Pretzel, hard chocolate coated	28.0	1.0 serving	0.013
25046	Snacks, bagel chips, plain	28.35	1.0 oz	0.041
19400	Snacks, banana chips	28.35	1.0 oz	0.008
19407	Snacks, beef sticks, smoked	28.35	1.0 oz	0.052
25059	Snacks, brown rice chips	9.0	1.0 cake	0.009
19419	Snacks, corn cakes	9.0	1.0 cake	0.007
19800	Snacks, corn cakes, very low sodium	9.0	1.0 cake	0.007
19004	Snacks, corn-based, extruded, chips, barbecue-flavor	28.35	1.0 oz	0.018
19804	Snacks, corn-based, extruded, chips, barbecue-flavor, made with enriched masa flour	28.35	1.0 oz	0.018
19003	Snacks, corn-based, extruded, chips, plain	28.0	1.0 oz	0.013
19005	Snacks, corn-based, extruded, cones, plain	28.35	1.0 oz	0.012
19007	Snacks, corn-based, extruded, onion-flavor	28.35	1.0 oz	0.017
19008	Snacks, corn-based, extruded, puffs or twists, cheese-flavor	28.35	1.0 oz	0.020
19802	Snacks, corn-based, extruded, puffs or twists, cheese-flavor, unenriched	28.35	1.0 oz	0.027
19403	Snacks, crisped rice bar, almond	28.0	1.0 bar (1 oz)	0.028
19010	Snacks, crisped rice bar, chocolate chip	28.0	1.0 bar (1 oz)	0.021
25013	Snacks, FRITOLAY, SUNCHIPS, Multigrain Snack, original flavor	28.35	1.0 oz	0.020
25035	Snacks, granola bar, chewy, reduced sugar, all flavors	24.0	1.0 bar	0.004
25053	Snacks, granola bar, GENERAL MILLS NATURE VALLEY, SWEET&SALTY NUT, peanut	35.0	1.0 bar	0.037
25055	Snacks, granola bar, GENERAL MILLS, NATURE VALLEY, CHEWY TRAIL MIX	35.0	1.0 bar	0.026
25056	Snacks, granola bar, QUAKER, DIPPS, all flavors	31.0	1.0 bar	0.017
19016	Snacks, granola bars, hard, almond	28.35	1.0 oz	0.040
19017	Snacks, granola bars, hard, chocolate chip	28.35	1.0 oz	0.038
19420	Snacks, granola bars, hard, peanut butter	28.35	1.0 oz	0.037
19015	Snacks, granola bars, hard, plain	21.0	1.0 bar	0.037
25039	Snacks, granola bars, QUAKER OATMEAL TO GO, all flavors	60.0	1.0 bar	0.057
19024	Snacks, granola bars, soft, coated, milk chocolate coating, chocolate chip	35.0	1.0 bar (1.25 oz)	0.024
19026	Snacks, granola bars, soft, coated, milk chocolate coating, peanut butter	28.35	1.0 oz	0.035
19404	Snacks, granola bars, soft, uncoated, chocolate chip	43.0	1.0 bar (1.5 oz)	0.025

NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure
19405	Snacks, granola bars, soft, uncoated, chocolate chip, graham and marshmallow	28.0	1.0 bar (1 oz)	0.024
19406	Snacks, granola bars, soft, uncoated, nut and raisin	28.0	1.0 bar (1 oz)	0.028
19021	Snacks, granola bars, soft, uncoated, peanut butter	28.0	1.0 bar (1 oz)	0.031
19027	Snacks, granola bars, soft, uncoated, peanut butter and chocolate chip	28.0	1.0 bar (1 oz)	0.028
19020	Snacks, granola bars, soft, uncoated, plain	28.0	1.0 bar (1 oz)	0.028
19022	Snacks, granola bars, soft, uncoated, raisin	43.0	1.0 bar (1.5 oz)	0.046
25036	Snacks, granola bites, mixed flavors	20.0	1.0 package	0.004
19031	Snacks, oriental mix, rice-based	28.35	1.0 oz	0.054
25037	Snacks, pita chips, salted	28.35	1.0 oz	0.041
19034	Snacks, popcorn, air-popped	8.0	1.0 cup	0.007
19806	Snacks, popcorn, air-popped (Unsalted)	8.0	1.0 cup	0.007
19036	Snacks, popcorn, cakes	10.0	1.0 cake	0.009
19038	Snacks, popcorn, caramel-coated, with peanuts	28.35	1.0 oz (approx 2/3 cup)	0.015
19039	Snacks, popcorn, caramel-coated, without peanuts	28.35	1.0 oz	0.013
19040	Snacks, popcorn, cheese-flavor	11.0	1.0 cup	0.010
25000	Snacks, popcorn, microwave, 94% fat free	28.35	1.0 oz	0.022
25014	Snacks, popcorn, microwave, regular (butter) flavor, made with partially hydrogenated oil	7.9	1.0 cup	0.004
19035	Snacks, popcorn, oil-popped, microwave, regular flavor, no trans fat	11.0	1.0 cup	0.007
19807	Snacks, popcorn, oil-popped, white popcorn, salt added	11.0	1.0 cup	0.007
19408	Snacks, pork skins, barbecue-flavor	28.35	1.0 oz	0.037
19041	Snacks, pork skins, plain	28.35	1.0 oz	0.033
19421	Snacks, potato chips, cheese-flavor	28.35	1.0 oz	0.021
19412	Snacks, potato chips, made from dried potatoes, cheese-flavor	28.35	1.0 oz	0.019
19045	Snacks, potato chips, made from dried potatoes, reduced fat	28.35	1.0 oz	0.012
19046	Snacks, potato chips, made from dried potatoes, sour-cream and onion-flavor	28.35	1.0 oz	0.020
19809	Snacks, potato chips, plain, made with partially hydrogenated soybean oil, salted	28.35	1.0 oz	0.031
19810	Snacks, potato chips, plain, made with partially hydrogenated soybean oil, unsalted	28.35	1.0 oz	0.031
19411	Snacks, potato chips, plain, salted	28.0	1.0 oz	0.030
19811	Snacks, potato chips, plain, unsalted	28.35	1.0 oz	0.031
19422	Snacks, potato chips, reduced fat	28.35	1.0 oz	0.031
19043	Snacks, potato chips, sour-cream-and-onion-flavor	28.35	1.0 oz	0.033
19048	Snacks, pretzels, hard, confectioner's coating, chocolate-flavor	28.35	1.0 oz	0.027
19814	Snacks, pretzels, hard, plain, made with enriched flour, unsalted	28.35	1.0 oz	0.031
19812	Snacks, pretzels, hard, plain, made with unenriched flour, salted	28.35	1.0 oz	0.031
19813	Snacks, pretzels, hard, plain, made with unenriched flour, unsalted	28.35	1.0 oz	0.031
19047	Snacks, pretzels, hard, plain, salted	28.35	1.0 oz	0.027



NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure
19050	Snacks, pretzels, hard, whole-wheat including both salted and unsalted	28.35	1.0 oz	0.049
19052	Snacks, rice cakes, brown rice, buckwheat	9.0	1.0 cake	0.011
19817	Snacks, rice cakes, brown rice, buckwheat, unsalted	9.0	1.0 cake	0.011
19413	Snacks, rice cakes, brown rice, corn	9.0	1.0 cake	0.008
19414	Snacks, rice cakes, brown rice, multigrain	9.0	1.0 cake	0.010
19818	Snacks, rice cakes, brown rice, multigrain, unsalted	9.0	1.0 cake	0.010
19816	Snacks, rice cakes, brown rice, plain, unsalted	9.0	1.0 cake	0.009
19416	Snacks, rice cakes, brown rice, rye	9.0	1.0 cake	0.009
19053	Snacks, rice cakes, brown rice, sesame seed	9.0	1.0 cake	0.009
19819	Snacks, rice cakes, brown rice, sesame seed, unsalted	9.0	1.0 cake	0.009
19051	Snacks, rice cracker brown rice, plain	9.0	1.0 cake	0.009
19418	Snacks, sesame sticks, wheat-based, salted	28.35	1.0 oz	0.041
19820	Snacks, sesame sticks, wheat-based, unsalted	28.35	1.0 oz	0.041
25025	Snacks, soy chips or crisps, salted	28.35	1.0 oz	0.107
25012	Snacks, sweet potato chips, unsalted	28.35	1.0 oz	0.028
19524	Snacks, taro chips	28.35	1.0 oz	0.010
19057	Snacks, tortilla chips, nacho cheese	28.35	1.0 oz	0.019
19857	Snacks, tortilla chips, nacho-flavor, made with enriched masa flour	28.35	1.0 oz	0.019
19424	Snacks, tortilla chips, nacho-flavor, reduced fat	28.35	1.0 oz	0.020
19058	Snacks, tortilla chips, ranch-flavor	28.35	1.0 oz	0.016
19063	Snacks, tortilla chips, taco-flavor	28.35	1.0 oz	0.019
19059	Snacks, trail mix, regular	150.0	1.0 cup	0.249
19821	Snacks, trail mix, regular, unsalted	150.0	1.0 cup	0.249
19062	Snacks, trail mix, regular, with chocolate chips, salted nuts and seeds	146.0	1.0 cup	0.238
19822	Snacks, trail mix, regular, with chocolate chips, unsalted nuts and seeds	146.0	1.0 cup	0.238
19061	Snacks, trail mix, tropical	140.0	1.0 cup	0.105
25040	Snacks, vegetable chips, made from garden vegetables	28.35	1.0 oz	0.024
20648	Sorghum flour, whole-grain	121.0	1.0 cup	0.128
20067	Sorghum grain	192.0	1.0 cup	0.238
06006	Soup, bean with frankfurters, canned, condensed	263.0	1.0 cup (8 fl oz)	0.210
06406	Soup, bean with frankfurters, canned, prepared with equal volume water	250.0	1.0 cup (8 fl oz)	0.105
06004	Soup, bean with pork, canned, condensed	130.0	0.5 cup	0.081
06009	Soup, beef noodle, canned, condensed	125.0	0.5 cup	0.046
06211	Soup, cheese, canned, prepared with equal volume milk	251.0	1.0 cup	0.128
06411	Soup, cheese, canned, prepared with equal volume water	247.0	1.0 cup (8 fl oz)	0.072
06024	Soup, chicken and vegetable, canned, ready-to-serve	255.0	1.0 cup	0.051

NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure
06017	Soup, chicken gumbo, canned, condensed	126.0	0.5 cup (4 fl oz)	0.023
06417	Soup, chicken gumbo, canned, prepared with equal volume water	244.0	1.0 cup	0.022
06128	Soup, chicken noodle, dry, mix	74.0	1.0 packet	0.108
06025	Soup, chicken vegetable, canned, condensed	121.0	0.5 cup	0.030
06015	Soup, chicken, canned, chunky, ready-to-serve	245.0	1.0 cup	0.120
06070	Soup, chunky beef, canned, ready-to-serve	245.0	1.0 cup	0.115
06001	Soup, cream of asparagus, canned, condensed	126.0	0.5 cup (4 fl oz)	0.029
06201	Soup, cream of asparagus, canned, prepared with equal volume milk	248.0	1.0 cup (8 fl oz)	0.084
06401	Soup, cream of asparagus, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	0.029
06010	Soup, cream of celery, canned, condensed	126.0	0.5 cup	0.019
06210	Soup, cream of celery, canned, prepared with equal volume milk	248.0	1.0 cup (8 fl oz)	0.074
06410	Soup, cream of celery, canned, prepared with equal volume water	248.0	1.0 cup	0.020
06016	Soup, cream of chicken, canned, condensed	126.0	0.5 cup (4 fl oz)	0.043
06216	Soup, cream of chicken, canned, prepared with equal volume milk	248.0	1.0 cup (8 fl oz)	0.099
06416	Soup, cream of chicken, canned, prepared with equal volume water	244.0	1.0 cup	0.041
06043	Soup, cream of mushroom, canned, condensed	126.0	0.5 cup	0.013
06243	Soup, cream of mushroom, canned, prepared with equal volume low fat (2%) milk	252.0	1.0 serving 1 cup	0.068
06053	Soup, cream of potato, canned, condensed	124.0	0.5 cup	0.025
06253	Soup, cream of potato, canned, prepared with equal volume milk	248.0	1.0 cup (8 fl oz)	0.082
06453	Soup, cream of potato, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	0.024
27000	Soup, egg drop, Chinese restaurant	241.0	1.0 cup	0.060
27001	Soup, hot and sour, Chinese restaurant	233.0	1.0 cup	0.044
06040	Soup, minestrone, canned, condensed	123.0	0.5 cup (4 fl oz)	0.031
06440	Soup, minestrone, canned, prepared with equal volume water	241.0	1.0 cup (8 fl oz)	0.031
06049	Soup, pea, green, canned, condensed	128.0	0.5 cup	0.070
06249	Soup, pea, green, canned, prepared with equal volume milk	254.0	1.0 cup (8 fl oz)	0.130
06050	Soup, pea, split with ham, canned, chunky, ready-to-serve	240.0	1.0 cup	0.110
06051	Soup, pea, split with ham, canned, condensed	135.0	0.5 cup (4 fl oz)	0.103
06451	Soup, pea, split with ham, canned, prepared with equal volume water	253.0	1.0 cup (8 fl oz)	0.101
06984	Soup, SWANSON Chicken Broth 99% Fat Free	227.0	1.0 serving 1 cup 8 oz	0.016
06061	Soup, tomato beef with noodle, canned, condensed	251.0	1.0 cup (8 fl oz)	0.085
06158	Soup, tomato bisque, canned, condensed	129.0	0.5 cup (4 fl oz)	0.023
06358	Soup, tomato bisque, canned, prepared with equal volume milk	251.0	1.0 cup (8 fl oz)	0.080
06558	Soup, tomato bisque, canned, prepared with equal volume water	247.0	1.0 cup (8 fl oz)	0.022
06359	Soup, tomato, canned, prepared with equal volume low fat (2%) milk	252.0	1.0 serving 1 cup	0.076
06465	Soup, turkey noodle, canned, prepared with equal volume water	244.0	1.0 cup	0.037

NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure
06466	Soup, turkey vegetable, canned, prepared with equal volume water	241.0	1.0 cup (8 fl oz)	0.027
06064	Soup, turkey, chunky, canned, ready-to-serve	236.0	1.0 cup (8 fl oz)	0.099
06071	Soup, vegetable beef, canned, condensed	126.0	0.5 cup	0.048
06072	Soup, vegetable with beef broth, canned, condensed	123.0	0.5 cup	0.021
06068	Soup, vegetarian vegetable, canned, condensed	126.0	0.5 cup	0.015
27002	Soup, wonton, Chinese restaurant	223.0	1.0 cup	0.029
01074	Sour cream, imitation, cultured	28.35	1.0 oz	0.009
01058	Sour dressing, non-butterfat, cultured, filled cream-type	12.0	1.0 tbsp	0.005
09315	Soursop, raw	225.0	1.0 cup, pulp	0.025
16117	Soy flour, defatted	105.0	1.0 cup	0.717
16115	Soy flour, full-fat, raw	84.0	1.0 cup, stirred	0.422
16116	Soy flour, full-fat, roasted	85.0	1.0 cup, stirred	0.430
16119	Soy meal, defatted, raw	122.0	1.0 cup	0.797
16420	Soy protein concentrate, produced by acid wash	28.35	1.0 oz	0.237
16121	Soy protein concentrate, produced by alcohol extraction	28.35	1.0 oz	0.237
16122	Soy protein isolate	28.35	1.0 oz	0.316
16422	Soy protein isolate, potassium type	28.35	1.0 oz	0.316
16124	Soy sauce made from soy (tamari)	18.0	1.0 tbsp	0.033
16123	Soy sauce made from soy and wheat (shoyu)	16.0	1.0 tbsp	0.015
16424	Soy sauce made from soy and wheat (shoyu), low sodium	14.2	1.0 tbsp	0.000
11853	Soybeans, green, cooked, boiled, drained, with salt	180.0	1.0 cup	0.270
11451	Soybeans, green, cooked, boiled, drained, without salt	180.0	1.0 cup	0.270
11450	Soybeans, green, raw	256.0	1.0 cup	0.402
16109	Soybeans, mature cooked, boiled, without salt	172.0	1.0 cup	0.416
16409	Soybeans, mature seeds, cooked, boiled, with salt	172.0	1.0 cup	0.416
16111	Soybeans, mature seeds, dry roasted	93.0	1.0 cup	0.535
16108	Soybeans, mature seeds, raw	186.0	1.0 cup	1.099
16410	Soybeans, mature seeds, roasted, no salt added	172.0	1.0 cup	0.881
16110	Soybeans, mature seeds, roasted, salted	172.0	1.0 cup	0.881
11453	Soybeans, mature seeds, sprouted, cooked, steamed	94.0	1.0 cup	0.097
11923	Soybeans, mature seeds, sprouted, cooked, steamed, with salt	94.0	1.0 cup	0.097
11452	Soybeans, mature seeds, sprouted, raw	35.0	0.5 cup	0.056
16166	Soymilk, chocolate, unfortified	243.0	1.0 cup	0.092
16168	Soymilk, chocolate, with added calcium, vitamins A and D	243.0	1.0 cup	0.066
16120	Soymilk, original and vanilla, unfortified	243.0	1.0 cup	0.092
16139	Soymilk, original and vanilla, with added calcium, vitamins A and D	243.0	1.0 cup	0.053

NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure
22401	Spaghetti with meat sauce, frozen entree	283.0	1.0 serving	0.224
20523	Spaghetti, protein-fortified, cooked, enriched (n x 6.25)	140.0	1.0 cup	0.144
20622	Spaghetti, protein-fortified, dry, enriched (n x 6.25)	57.0	2.0 oz	0.145
20127	Spaghetti, spinach, cooked	140.0	1.0 cup	0.081
20126	Spaghetti, spinach, dry	57.0	2.0 oz	0.097
22912	Spaghetti, with meatballs in tomato sauce, canned	246.0	1.0 cup	0.079
02066	Spearmint, dried	0.5	1.0 tsp	0.002
02065	Spearmint, fresh	0.3	2.0 leaves	0.000
20140	Spelt, uncooked	174.0	1.0 cup	0.230
02003	Spices, basil, dried	0.7	1.0 tsp, leaves	0.002
02005	Spices, caraway seed	2.1	1.0 tsp	0.005
02009	Spices, chili powder	2.7	1.0 tsp	0.002
02010	Spices, cinnamon, ground	2.6	1.0 tsp	0.001
02011	Spices, cloves, ground	2.1	1.0 tsp	0.001
02015	Spices, curry powder	2.0	1.0 tsp	0.002
02018	Spices, fennel seed	2.0	1.0 tsp, whole	0.005
02019	Spices, fenugreek seed	3.7	1.0 tsp	0.014
02020	Spices, garlic powder	3.1	1.0 tsp	0.004
02021	Spices, ginger, ground	1.8	1.0 tsp	0.003
02024	Spices, mustard seed, ground	2.0	1.0 tsp	0.005
02026	Spices, onion powder	2.4	1.0 tsp	0.001
02027	Spices, oregano, dried	1.0	1.0 tsp, leaves	0.002
02028	Spices, paprika	2.3	1.0 tsp	0.002
02029	Spices, parsley, dried	0.5	1.0 tsp	0.002
02030	Spices, pepper, black	2.3	1.0 tsp, ground	0.001
02033	Spices, poppy seed	2.8	1.0 tsp	0.005
02042	Spices, thyme, dried	1.0	1.0 tsp, leaves	0.002
02043	Spices, turmeric, ground	3.0	1.0 tsp	0.005
11658	Spinach souffle	136.0	1.0 cup	0.147
11855	Spinach, canned, no salt added, solids and liquids	234.0	1.0 cup	0.066
11461	Spinach, canned, regular pack, drained solids	214.0	1.0 cup	0.081
11459	Spinach, canned, regular pack, solids and liquids	234.0	1.0 cup	0.066
11854	Spinach, cooked, boiled, drained, with salt	180.0	1.0 cup	0.072
11458	Spinach, cooked, boiled, drained, without salt	180.0	1.0 cup	0.072
11856	Spinach, frozen, chopped or leaf, cooked, boiled, drained, with salt	95.0	0.5 cup	0.096
11464	Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt	95.0	0.5 cup	0.096

NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure
11463	Spinach, frozen, chopped or leaf, unprepared	156.0	1.0 cup	0.156
11457	Spinach, raw	30.0	1.0 cup	0.012
05162	Squab, (pigeon), light meat without skin, raw	101.0	1.0 breast, bone removed	0.344
05160	Squab, (pigeon), meat and skin, raw	85.0	3.0 oz	0.228
05161	Squab, (pigeon), meat only, raw	251.0	1.0 unit (yield from 1 lb ready-to-cook squab)	0.688
11857	Squash, summer, all varieties, cooked, boiled, drained, with salt	180.0	1.0 cup slices	0.014
11642	Squash, summer, all varieties, cooked, boiled, drained, without salt	180.0	1.0 cup, sliced	0.014
11641	Squash, summer, all varieties, raw	113.0	1.0 cup, sliced	0.012
11471	Squash, summer, crookneck and straightneck, canned, drained, solid, without salt	210.0	1.0 cup, diced	0.010
11858	Squash, summer, crookneck and straightneck, cooked, boiled, drained, with salt	180.0	1.0 cup slices	0.014
11468	Squash, summer, crookneck and straightneck, cooked, boiled, drained, without salt	180.0	1.0 cup, sliced	0.014
11859	Squash, summer, crookneck and straightneck, frozen, cooked, boiled, drained, with salt	192.0	1.0 cup slices	0.021
11474	Squash, summer, crookneck and straightneck, frozen, cooked, boiled, drained, without salt	192.0	1.0 cup slices	0.021
11473	Squash, summer, crookneck and straightneck, frozen, unprepared	130.0	1.0 cup slices	0.009
11467	Squash, summer, crookneck and straightneck, raw	127.0	1.0 cup sliced	0.010
11860	Squash, summer, scallop, cooked, boiled, drained, with salt	90.0	0.5 cup slices	0.008
11476	Squash, summer, scallop, cooked, boiled, drained, without salt	240.0	1.0 cup, mashed	0.022
11475	Squash, summer, scallop, raw	130.0	1.0 cup slices	0.014
11861	Squash, summer, zucchini, includes skin, cooked, boiled, drained, with salt	90.0	0.5 cup slices	0.005
11478	Squash, summer, zucchini, includes skin, cooked, boiled, drained, without salt	180.0	1.0 cup, sliced	0.011
11862	Squash, summer, zucchini, includes skin, frozen, cooked, boiled, drained, with salt	223.0	1.0 cup	0.022
11480	Squash, summer, zucchini, includes skin, frozen, cooked, boiled, drained, without salt	223.0	1.0 cup	0.022
11479	Squash, summer, zucchini, includes skin, frozen, unprepared	95.0	0.33 package (10 oz)	0.010
11477	Squash, summer, zucchini, includes skin, raw	124.0	1.0 cup, chopped	0.012
11481	Squash, summer, zucchini, italian style, canned	227.0	1.0 cup	0.020
11864	Squash, winter, acorn, cooked, baked, with salt	205.0	1.0 cup, cubes	0.033
11483	Squash, winter, acorn, cooked, baked, without salt	205.0	1.0 cup, cubes	0.033
11865	Squash, winter, acorn, cooked, boiled, mashed, with salt	245.0	1.0 cup, mashed	0.024
11484	Squash, winter, acorn, cooked, boiled, mashed, without salt	245.0	1.0 cup, mashed	0.024
11482	Squash, winter, acorn, raw	140.0	1.0 cup, cubes	0.015
11863	Squash, winter, all varieties, cooked, baked, with salt	205.0	1.0 cup, cubes	0.027
11644	Squash, winter, all varieties, cooked, baked, without salt	205.0	1.0 cup, cubes	0.027
11643	Squash, winter, all varieties, raw	116.0	1.0 cup, cubes	0.024
11866	Squash, winter, butternut, cooked, baked, with salt	205.0	1.0 cup, cubes	0.027
11486	Squash, winter, butternut, cooked, baked, without salt	205.0	1.0 cup, cubes	0.027
11867	Squash, winter, butternut, frozen, cooked, boiled, with salt	240.0	1.0 cup, mashed	0.041

NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure
11488	Squash, winter, butternut, frozen, cooked, boiled, without salt	240.0	1.0 cup, mashed	0.041
11487	Squash, winter, butternut, frozen, unprepared	113.0	0.33 package (12 oz)	0.028
11485	Squash, winter, butternut, raw	140.0	1.0 cup, cubes	0.020
11868	Squash, winter, hubbard, baked, with salt	205.0	1.0 cup, cubes	0.043
11490	Squash, winter, hubbard, baked, without salt	205.0	1.0 cup, cubes	0.043
11869	Squash, winter, hubbard, cooked, boiled, mashed, with salt	236.0	1.0 cup, mashed	0.050
11491	Squash, winter, hubbard, cooked, boiled, mashed, without salt	236.0	1.0 cup, mashed	0.050
11489	Squash, winter, hubbard, raw	116.0	1.0 cup, cubes	0.032
11870	Squash, winter, spaghetti, cooked, boiled, drained, or baked, with salt	155.0	1.0 cup	0.014
11493	Squash, winter, spaghetti, cooked, boiled, drained, or baked, without salt	155.0	1.0 cup	0.014
11492	Squash, winter, spaghetti, raw	101.0	1.0 cup, cubes	0.009
11953	Squash, zucchini, baby, raw	16.0	1.0 large	0.004
35145	Stew, hominy with mutton (Navajo)	411.0	1.0 serving	0.177
35146	Stew, mutton, corn, squash (Navajo)	303.0	1.0 serving	0.173
09317	Strawberries, canned, heavy syrup pack, solids and liquids	254.0	1.0 cup	0.015
09320	Strawberries, frozen, sweetened, sliced	255.0	1.0 cup, thawed	0.015
09319	Strawberries, frozen, sweetened, whole	255.0	1.0 cup, thawed	0.015
09318	Strawberries, frozen, unsweetened	221.0	1.0 cup, thawed	0.011
09316	Strawberries, raw	152.0	1.0 cup, halves	0.012
18354	Strudel, apple	28.35	1.0 oz	0.011
21213	SUBWAY, cold cut sub on white bread with lettuce and tomato	196.0	6.0 inch sub	0.196
21210	SUBWAY, roast beef sub on white bread with lettuce and tomato	190.0	6.0 inch sub	0.272
21214	SUBWAY, tuna sub on white bread with lettuce and tomato	237.0	6.0 inch sub	0.280
11497	Succotash, (corn and limas), canned, with cream style corn	266.0	1.0 cup	0.080
11499	Succotash, (corn and limas), canned, with whole kernel corn, solids and liquids	255.0	1.0 cup	0.074
11871	Succotash, (corn and limas), cooked, boiled, drained, with salt	192.0	1.0 cup	0.109
11496	Succotash, (corn and limas), cooked, boiled, drained, without salt	192.0	1.0 cup	0.109
11872	Succotash, (corn and limas), frozen, cooked, boiled, drained, with salt	170.0	1.0 cup	0.082
11502	Succotash, (corn and limas), frozen, cooked, boiled, drained, without salt	170.0	1.0 cup	0.082
11501	Succotash, (corn and limas), frozen, unprepared	156.0	1.0 cup	0.075
09321	Sugar-apples, (sweetsop), raw	250.0	1.0 cup, pulp	0.025
11874	Sweet potato leaves, cooked, steamed, with salt	64.0	1.0 cup	0.013
11506	Sweet potato leaves, cooked, steamed, without salt	64.0	1.0 cup	0.013
11505	Sweet potato leaves, raw	35.0	1.0 cup, chopped	0.012
11514	Sweet potato, canned, mashed	255.0	1.0 cup	0.061
11647	Sweet potato, canned, syrup pack, drained solids	196.0	1.0 cup	0.031

NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure
11645	Sweet potato, canned, syrup pack, solids and liquids	228.0	1.0 cup	0.046
11512	Sweet potato, canned, vacuum pack	255.0	1.0 cup, mashed	0.084
11875	Sweet potato, cooked, baked in skin, flesh, with salt	114.0	1.0 medium (2" dia, 5" long, raw)	0.046
11508	Sweet potato, cooked, baked in skin, flesh, without salt	200.0	1.0 cup	0.080
11510	Sweet potato, cooked, boiled, without skin	328.0	1.0 cup, mashed	0.092
11876	Sweet potato, cooked, boiled, without skin, with salt	328.0	1.0 cup, mashed	0.066
11659	Sweet potato, cooked, candied, home-prepared	105.0	1.0 piece (2-1/2" x 2" dia)	0.018
11877	Sweet potato, frozen, cooked, baked, with salt	176.0	1.0 cup, cubes	0.037
11517	Sweet potato, frozen, cooked, baked, without salt	176.0	1.0 cup, cubes	0.037
11516	Sweet potato, frozen, unprepared	176.0	1.0 cup, cubes	0.037
11507	Sweet potato, raw, unprepared	133.0	1.0 cup, cubes	0.041
18355	Sweet rolls, cheese	28.35	1.0 oz	0.022
18356	Sweet rolls, cinnamon, commercially prepared with raisins	28.35	1.0 oz	0.021
18357	Sweet rolls, cinnamon, refrigerated dough with frosting	28.35	1.0 oz	0.018
18358	Sweet rolls, cinnamon, refrigerated dough with frosting, baked	28.35	1.0 oz	0.019
19337	Sweeteners, tabletop, aspartame, EQUAL, packets	3.5	1.0 tsp	0.000
07920	Swisswurst, pork and beef, with swiss cheese, smoked	77.0	1.0 serving 2.7 oz	0.115
19924	Syrup, NESTLE, chocolate	20.0	1.0 tablespoon	0.005
19916	Syrups, chocolate, HERSHEY'S Sugar free, Genuine Chocolate Flavored, Lite Syrup	35.0	2.0 tbsp	0.015
19352	Syrups, malt	332.0	1.0 cup	0.249
36020	T.G.I. FRIDAY'S, chicken fingers	225.0	1.0 serving	0.432
36010	T.G.I. FRIDAY'S, chicken fingers, from kids' menu	41.0	1.0 piece	0.077
36011	T.G.I. FRIDAY'S, classic sirloin steak (10 oz)	176.0	1.0 serving	0.730
36006	T.G.I. FRIDAY'S, FRIDAY'S Shrimp, breaded	175.0	1.0 serving	0.240
36008	T.G.I. FRIDAY'S, fried mozzarella	35.0	1.0 piece	0.059
36009	T.G.I. FRIDAY'S, macaroni & cheese, from kid's menu	144.0	1.0 cup	0.094
21264	TACO BELL, Bean Burrito	185.0	1.0 each burrito	0.166
21265	TACO BELL, BURRITO SUPREME with beef	241.0	1.0 burrito	0.152
21266	TACO BELL, BURRITO SUPREME with chicken	248.0	1.0 item	0.273
21267	TACO BELL, BURRITO SUPREME with steak	248.0	1.0 item	0.268
21268	TACO BELL, Nachos	80.0	1.0 serving	0.034
21269	TACO BELL, Nachos Supreme	222.0	1.0 serving	0.131
21261	TACO BELL, Soft Taco with beef, cheese and lettuce	102.0	1.0 each taco	0.107
21262	TACO BELL, Soft Taco with chicken, cheese and lettuce	98.0	1.0 each taco	0.150
21263	TACO BELL, Soft Taco with steak	127.0	1.0 item	0.184
21270	TACO BELL, Taco Salad	533.0	1.0 item	0.458

NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure
18360	Taco shells, baked	12.9	1.0 shell	0.005
18448	Taco shells, baked, without added salt	28.35	1.0 oz	0.015
35147	Tamales (Navajo)	186.0	1.0 piece	0.097
09322	Tamarinds, raw	120.0	1.0 cup, pulp	0.022
09223	Tangerine juice, canned, sweetened	249.0	1.0 cup	0.002
09221	Tangerine juice, raw	247.0	1.0 cup	0.002
09219	Tangerines, (mandarin oranges), canned, juice pack	249.0	1.0 cup	0.015
09220	Tangerines, (mandarin oranges), canned, light syrup pack	252.0	1.0 cup	0.010
09218	Tangerines, (mandarin oranges), raw	195.0	1.0 cup, sections	0.004
20068	Tapioca, pearl, dry	152.0	1.0 cup	0.005
32007	Taquitos, frozen, beef and cheese, oven-heated	42.0	1.0 piece	0.042
32006	Taquitos, frozen, chicken and cheese, oven-heated	42.0	1.0 piece	0.042
11521	Taro leaves, cooked, steamed, without salt	145.0	1.0 cup	0.038
11520	Taro leaves, raw	28.0	1.0 cup	0.013
11878	Taro, cooked, with salt	132.0	1.0 cup slices	0.011
11519	Taro, cooked, without salt	132.0	1.0 cup, sliced	0.011
11879	Taro, leaves, cooked, steamed, with salt	145.0	1.0 cup	0.038
11518	Taro, raw	104.0	1.0 cup, sliced	0.024
20143	Teff, cooked	252.0	1.0 cup	0.103
20142	Teff, uncooked	193.0	1.0 cup	0.268
16114	Tempeh	166.0	1.0 cup	0.322
02049	Thyme, fresh	0.8	1.0 tsp	0.001
18938	Toaster Pastries, fruit, frosted (include apples, blueberry, cherry, strawberry)	53.0	1.0 piece	0.035
16128	Tofu, dried-frozen (koyadofu)	17.0	1.0 piece	0.127
16428	Tofu, dried-frozen (koyadofu), prepared with calcium sulfate	17.0	1.0 piece	0.127
16159	Tofu, extra firm, prepared with nigari	91.0	0.2 block	0.123
16126	Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari)	126.0	0.5 cup	0.155
16129	Tofu, fried	28.35	1.0 oz	0.076
16429	Tofu, fried, prepared with calcium sulfate	13.0	1.0 piece	0.033
16160	Tofu, hard, prepared with nigari	122.0	0.25 block	0.229
16426	Tofu, raw, firm, prepared with calcium sulfate	126.0	0.5 cup	0.296
16427	Tofu, raw, regular, prepared with calcium sulfate	124.0	0.5 cup	0.149
16132	Tofu, salted and fermented (fuyu)	11.0	1.0 block	0.014
16432	Tofu, salted and fermented (fuyu), prepared with calcium sulfate	11.0	1.0 block	0.013
16127	Tofu, soft, prepared with calcium sulfate and magnesium chloride (nigari)	120.0	1.0 piece (2-1/2" x 2-3/4" x 1")	0.122
11886	Tomato juice, canned, without salt added	243.0	1.0 cup	0.015



NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure
11546	Tomato products, canned, paste, without salt added	66.0	0.25 cup	0.020
11888	Tomato products, canned, puree, with salt added	250.0	1.0 cup	0.028
11547	Tomato products, canned, puree, without salt added	250.0	1.0 cup	0.028
11549	Tomato products, canned, sauce	245.0	1.0 cup	0.024
11649	Tomato products, canned, sauce, spanish style	244.0	1.0 cup	0.024
11555	Tomato products, canned, sauce, with herbs and cheese	122.0	0.5 cup	0.026
11551	Tomato products, canned, sauce, with mushrooms	245.0	1.0 cup	0.042
11553	Tomato products, canned, sauce, with onions	245.0	1.0 cup	0.039
11557	Tomato products, canned, sauce, with onions, green peppers, and celery	250.0	1.0 cup	0.020
11559	Tomato products, canned, sauce, with tomato tidbits	244.0	1.0 cup	0.022
43217	Tomato sauce, canned, no salt added	245.0	1.0 cup	0.022
11693	Tomatoes, crushed, canned	121.0	0.5 cup	0.015
11527	Tomatoes, green, raw	180.0	1.0 cup	0.016
11695	Tomatoes, orange, raw	158.0	1.0 cup, chopped	0.013
11531	Tomatoes, red, ripe, canned, packed in tomato juice	240.0	1.0 cup	0.019
11885	Tomatoes, red, ripe, canned, packed in tomato juice, no salt added	240.0	1.0 cup	0.019
11533	Tomatoes, red, ripe, canned, stewed	255.0	1.0 cup	0.018
11530	Tomatoes, red, ripe, cooked	240.0	1.0 cup	0.019
11660	Tomatoes, red, ripe, cooked, stewed	101.0	1.0 cup	0.019
11884	Tomatoes, red, ripe, cooked, with salt	240.0	1.0 cup	0.019
11529	Tomatoes, red, ripe, raw, year round average	149.0	1.0 cup cherry tomatoes	0.009
11955	Tomatoes, sun-dried	54.0	1.0 cup	0.056
11956	Tomatoes, sun-dried, packed in oil, drained	110.0	1.0 cup	0.041
11696	Tomatoes, yellow, raw	139.0	1.0 cup, chopped	0.010
19367	Toppings, nuts in syrup	328.0	1.0 cup	0.194
35143	Tortilla, includes plain and from mutton sandwich (Navajo)	197.0	1.0 serving	0.118
18363	Tortillas, ready-to-bake or -fry, corn	28.35	1.0 oz	0.012
18449	Tortillas, ready-to-bake or -fry, corn, without added salt	28.35	1.0 oz	0.012
18364	Tortillas, ready-to-bake or -fry, flour, refrigerated	48.0	1.0 tortilla	0.031
18970	Tortillas, ready-to-bake or -fry, flour, shelf stable	49.0	1.0 tortilla	0.040
18450	Tortillas, ready-to-bake or -fry, flour, without added calcium	28.35	1.0 oz	0.030
28295	Tortillas, ready-to-bake or -fry, whole wheat	41.0	1.0 tortilla 1 serving	0.053
20069	Triticale	192.0	1.0 cup	0.301
20070	Triticale flour, whole-grain	130.0	1.0 cup	0.205
05286	Turkey and gravy, frozen	85.0	3.0 oz	0.057
07046	Turkey breast, low salt, prepackaged or deli, luncheon meat	28.0	1.0 slice	0.054

NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure
05293	Turkey breast, pre-basted, meat and skin, cooked, roasted	85.0	3.0 oz	0.209
07081	Turkey breast, sliced, prepackaged	15.0	1.0 slice	0.028
05187	Turkey from whole, dark meat, meat only, raw	85.0	1.0 serving	0.193
05182	Turkey from whole, light meat, meat and skin, cooked, roasted	85.0	1.0 serving	0.257
05181	Turkey from whole, light meat, meat and skin, raw	85.0	3.0 oz	0.189
05703	Turkey from whole, light meat, meat and skin, with added solution, cooked, roasted	85.0	3.0 oz	0.230
05702	Turkey from whole, light meat, meat and skin, with added solution, raw	114.0	4.0 oz	0.230
05697	Turkey from whole, light meat, meat only, with added solution, cooked, roasted	85.0	3.0 oz	0.244
05696	Turkey from whole, light meat, meat only, with added solution, raw	114.0	4.0 oz	0.261
05185	Turkey from whole, light meat, raw	85.0	1.0 serving	0.214
05180	Turkey from whole, neck, meat only, cooked, simmered	85.0	1.0 serving	0.203
05179	Turkey from whole, neck, meat only, raw	28.35	1.0 oz	0.050
05295	Turkey roast, boneless, frozen, seasoned, light and dark meat, raw	85.0	3.0 oz	0.170
07958	Turkey sausage, fresh, cooked	57.0	1.0 serving	0.105
07955	Turkey sausage, fresh, raw	57.0	1.0 serving	0.074
07066	Turkey sausage, reduced fat, brown and serve, cooked (include BUTTERBALL breakfast links turkey sausage)	128.0	1.0 cup	0.247
05300	Turkey sticks, breaded, battered, fried	64.0	1.0 stick (2.25 oz)	0.109
05294	Turkey thigh, pre-basted, meat and skin, cooked, roasted	85.0	3.0 oz	0.178
05190	Turkey, all classes, back, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	0.403
05192	Turkey, all classes, breast, meat and skin, cooked, roasted	112.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	0.356
05191	Turkey, all classes, breast, meat and skin, raw	146.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	0.353
05194	Turkey, all classes, leg, meat and skin, cooked, roasted	71.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	0.221
05193	Turkey, all classes, leg, meat and skin, raw	105.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	0.230
05186	Turkey, all classes, light meat, cooked, roasted	85.0	1.0 serving	0.273
05196	Turkey, all classes, wing, meat and skin, cooked, roasted	24.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	0.071
05195	Turkey, all classes, wing, meat and skin, raw	33.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	0.072
05215	Turkey, back from whole bird, meat only, raw	114.0	4.0 oz	0.259
05744	Turkey, back, from whole bird, meat and skin, with added solution, raw	114.0	4.0 oz	0.178
05745	Turkey, back, from whole bird, meat and skin, with added solution, roasted	85.0	3.0 oz	0.155
05216	Turkey, back, from whole bird, meat only, roasted	85.0	3.0 oz	0.251
05719	Turkey, back, from whole bird, meat only, with added solution, raw	114.0	4.0 oz	0.234
05720	Turkey, back, from whole bird, meat only, with added solution, roasted	85.0	3.0 oz	0.174
05219	Turkey, breast, from whole bird, meat only, raw	114.0	4.0 oz	0.287
05220	Turkey, breast, from whole bird, meat only, roasted	85.0	3.0 oz	0.244
05721	Turkey, breast, from whole bird, meat only, with added solution, raw	114.0	4.0 oz	0.261

NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure
05718	Turkey, breast, from whole bird, meat only, with added solution, roasted	85.0	3.0 oz	0.195
05284	Turkey, canned, meat only, with broth	135.0	1.0 cup, drained	0.352
05184	Turkey, dark meat from whole, meat and skin, cooked, roasted	85.0	1.0 serving	0.234
05701	Turkey, dark meat from whole, meat and skin, with added solution, cooked, roasted	85.0	3.0 oz	0.217
05700	Turkey, dark meat from whole, meat and skin, with added solution, raw	114.0	4.0 oz	0.201
05694	Turkey, dark meat from whole, meat only, with added solution, raw	114.0	4.0 oz	0.234
05183	Turkey, dark meat, meat and skin, raw	28.35	1.0 oz	0.056
05695	Turkey, dark meat, meat only, with added solution, cooked, roasted	85.0	3.0 oz	0.236
05285	Turkey, diced, light and dark meat, seasoned	28.35	1.0 oz	0.058
05738	Turkey, drumstick, from whole bird, meat only, raw	85.0	3.0 oz	0.214
05739	Turkey, drumstick, from whole bird, meat only, roasted	85.0	3.0 oz	0.273
05724	Turkey, drumstick, from whole bird, meat only, with added solution, raw	114.0	4.0 oz	0.234
05725	Turkey, drumstick, from whole bird, meat only, with added solution, roasted	85.0	3.0 oz	0.236
05188	Turkey, from whole, dark meat, cooked, roasted	85.0	1.0 serving	0.251
05200	Turkey, fryer-roasters, meat and skin, cooked, roasted	85.0	3.0 oz	0.264
05174	Turkey, gizzard, all classes, cooked, simmered	45.0	1.0 gizzard cooked	0.107
05173	Turkey, gizzard, all classes, raw	63.0	1.0 raw gizzard	0.131
05176	Turkey, heart, all classes, cooked, simmered	20.0	1.0 heart	0.054
05175	Turkey, heart, all classes, raw	24.0	1.0 piece	0.044
05178	Turkey, liver, all classes, cooked, simmered	53.0	1.0 liver cooked	0.156
05177	Turkey, liver, all classes, raw	78.0	1.0 raw liver	0.155
05304	Turkey, mechanically deboned, from turkey frames, raw	227.0	0.5 lb	0.241
05733	Turkey, retail parts, breast, meat and skin, cooked, roasted	85.0	3.0 oz	0.291
05732	Turkey, retail parts, breast, meat and skin, raw	85.0	3.0 oz	0.218
05727	Turkey, retail parts, breast, meat and skin, with added solution, raw	85.0	3.0 oz	0.198
05711	Turkey, retail parts, breast, meat only, cooked, roasted	863.0	1.0 breast	3.141
05710	Turkey, retail parts, breast, meat only, raw	85.0	3.0 oz	0.245
05709	Turkey, retail parts, breast, meat only, with added solution, cooked, roasted	85.0	3.0 oz	0.278
05708	Turkey, retail parts, breast, meat only, with added solution, raw	1171.0	1.0 breast	3.009
05737	Turkey, retail parts, drumstick, meat and skin, cooked, roasted	85.0	3.0 oz	0.278
05736	Turkey, retail parts, drumstick, meat and skin, raw	85.0	3.0 oz	0.173
05723	Turkey, retail parts, drumstick, meat only, cooked, roasted	28.0	3.0 oz	0.099
05716	Turkey, retail parts, drumstick, meat only, raw	85.0	3.0 oz	0.186
05743	Turkey, retail parts, thigh, meat and skin, cooked, roasted	85.0	3.0 oz	0.240
05742	Turkey, retail parts, thigh, meat and skin, raw	85.0	3.0 oz	0.187
05722	Turkey, retail parts, thigh, meat only, cooked, roasted	85.0	3.0 oz	0.264

NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure
05717	Turkey, retail parts, thigh, meat only, raw	85.0	3.0 oz	0.216
05735	Turkey, retail parts, wing, meat and skin, cooked, roasted	85.0	3.0 oz	0.267
05734	Turkey, retail parts, wing, meat and skin, raw	85.0	3.0 oz	0.179
05713	Turkey, retail parts, wing, meat only, cooked, roasted	85.0	3.0 oz	0.316
05712	Turkey, retail parts, wing, meat only, raw	28.0	3.0 oz	0.078
05170	Turkey, skin from whole (light and dark), roasted	85.0	1.0 serving	0.102
05698	Turkey, skin from whole (light and dark), with added solution, raw	28.35	1.0 oz	0.018
05169	Turkey, skin from whole, (light and dark), raw	28.35	1.0 oz	0.018
05699	Turkey, skin from whole, (light and dark), with added solution, roasted	28.35	1.0 oz	0.031
05715	Turkey, skin, from retail parts, from dark meat, cooked, roasted	28.35	1.0 oz	0.027
05714	Turkey, skin, from retail parts, from dark meat, raw	28.35	1.0 oz	0.016
22957	Turkey, stuffing, mashed potatoes w/gravy, assorted vegetables, frozen, microwaved	385.0	1.0 serving	0.400
05740	Turkey, thigh, from whole bird, meat only, raw	85.0	3.0 oz	0.193
05741	Turkey, thigh, from whole bird, meat only, roasted	85.0	3.0 oz	0.251
05726	Turkey, thigh, from whole bird, meat only, with added solution, raw	85.0	3.0 oz	0.174
05728	Turkey, thigh, from whole bird, meat only, with added solution, roasted	85.0	3.0 oz	0.236
07944	Turkey, white, rotisserie, deli cut	48.0	1.69 oz (1 serving)	0.074
05172	Turkey, whole, giblets, cooked, simmered	95.0	1.0 giblets	0.254
05171	Turkey, whole, giblets, raw	85.0	3.0 oz	0.169
05166	Turkey, whole, meat and skin, cooked, roasted	85.0	3.0 oz	0.247
05165	Turkey, whole, meat and skin, raw	85.0	3.0 oz	0.190
05706	Turkey, whole, meat and skin, with added solution, raw	85.0	3.0 oz	0.161
05707	Turkey, whole, meat and skin, with added solution, roasted	85.0	3.0 oz	0.224
05168	Turkey, whole, meat only, cooked, roasted	85.0	3.0 oz	0.264
05167	Turkey, whole, meat only, raw	85.0	3.0 oz	0.205
05704	Turkey, whole, meat only, with added solution, raw	85.0	3.0 oz	0.189
05705	Turkey, whole, meat only, with added solution, roasted	28.0	3.0 oz	0.079
05227	Turkey, wing, from whole bird, meat only, raw	85.0	3.0 oz	0.214
05228	Turkey, wing, from whole bird, meat only, roasted	85.0	3.0 oz	0.273
05729	Turkey, wing, from whole bird, meat only, with added solution, raw	85.0	3.0 oz	0.195
05730	Turkey, wing, from whole bird, meat only, with added solution, roasted	85.0	3.0 oz	0.244
05236	Turkey, young hen, skin only, cooked, roasted	31.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	0.047
11893	Turnip greens and turnips, frozen, cooked, boiled, drained, with salt	163.0	1.0 cup	0.080
11577	Turnip greens and turnips, frozen, cooked, boiled, drained, without salt	163.0	1.0 cup	0.080
11576	Turnip greens and turnips, frozen, unprepared	95.0	0.33 package (10 oz)	0.035
11570	Turnip greens, canned, solids and liquids	117.0	0.5 cup	0.027

NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure
11891	Turnip greens, cooked, boiled, drained, with salt	144.0	1.0 cup, chopped	0.029
11569	Turnip greens, cooked, boiled, drained, without salt	144.0	1.0 cup, chopped	0.029
11892	Turnip greens, frozen, cooked, boiled, drained, with salt	82.0	0.5 cup	0.048
11575	Turnip greens, frozen, cooked, boiled, drained, without salt	164.0	1.0 cup	0.095
11574	Turnip greens, frozen, unprepared	82.0	0.5 cup, chopped or diced	0.035
11568	Turnip greens, raw	55.0	1.0 cup, chopped	0.014
11889	Turnips, cooked, boiled, drained, with salt	156.0	1.0 cup, cubes	0.011
11565	Turnips, cooked, boiled, drained, without salt	156.0	1.0 cup, cubes	0.011
11890	Turnips, frozen, cooked, boiled, drained, with salt	156.0	1.0 cup	0.023
11567	Turnips, frozen, cooked, boiled, drained, without salt	156.0	1.0 cup	0.023
11566	Turnips, frozen, unprepared	94.0	0.333 package, mashed (10 oz)	0.009
11564	Turnips, raw	130.0	1.0 cup, cubes	0.012
32026	Turnover, chicken- or turkey-, and vegetable-filled, reduced fat, frozen	127.0	1.0 piece turnover 1 serving	0.206
28371	UDI'S, Gluten Free, Soft & Delicious White Sandwich Bread	28.0	1.0 slice	0.022
05336	USDA Commodity Chicken, canned, meat only, drained	135.0	1.0 cup drained	0.435
04670	USDA Commodity Food, oil, vegetable, low saturated fat	13.6	1.0 tbsp	0.000
04669	USDA Commodity Food, oil, vegetable, soybean, refined	13.6	1.0 tablespoon	0.000
13166	USDA Commodity, beef, canned	45.0	1.0 serving	0.105
05353	USDA Commodity, chicken fajita strips, frozen	9.4	1.0 strip	0.019
05338	USDA Commodity, Chicken, canned, meat only, with broth	135.0	1.0 cup drained	0.348
05337	USDA Commodity, Chicken, canned, meat only, with water	135.0	1.0 cup drained	0.348
16167	USDA Commodity, Peanut Butter, smooth	32.0	2.0 tbsp	0.073
17155	Veal, Australian, rib, rib roast, separable lean and fat, raw	85.0	3.0 oz	0.153
17000	Veal, Australian, rib, rib roast, separable lean only, raw	85.0	3.0 oz	0.186
17350	Veal, Australian, shank, fore, bone-in, separable lean and fat, raw	85.0	3.0 oz	0.163
17349	Veal, Australian, shank, fore, bone-in, separable lean only, raw	85.0	3.0 oz	0.173
17352	Veal, Australian, shank, hind, bone-in, separable lean and fat	85.0	3.0 oz	0.165
17351	Veal, Australian, shank, hind, bone-in, separable lean only, raw	85.0	3.0 oz	0.175
17273	Veal, breast, plate half, boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	0.223
17274	Veal, breast, point half, boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	0.242
17270	Veal, breast, separable fat, cooked	28.35	1.0 oz	0.027
17272	Veal, breast, whole, boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	0.231
17271	Veal, breast, whole, boneless, separable lean and fat, raw	28.35	1.0 oz	0.050
17275	Veal, breast, whole, boneless, separable lean only, cooked, braised	85.0	3.0 oz	0.260
17093	Veal, composite of trimmed retail cuts, separable fat, cooked	85.0	3.0 oz	0.081
17092	Veal, composite of trimmed retail cuts, separable fat, raw	28.35	1.0 oz	0.017

NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure
17089	Veal, composite of trimmed retail cuts, separable lean and fat, cooked	85.0	3.0 oz	0.259
17088	Veal, composite of trimmed retail cuts, separable lean and fat, raw	28.35	1.0 oz	0.056
17091	Veal, composite of trimmed retail cuts, separable lean only, cooked	85.0	3.0 oz	0.275
17090	Veal, composite of trimmed retail cuts, separable lean only, raw	28.35	1.0 oz	0.058
17141	Veal, cubed for stew (leg and shoulder), separable lean only, cooked, braised	85.0	3.0 oz	0.301
17140	Veal, cubed for stew (leg and shoulder), separable lean only, raw	28.35	1.0 oz	0.058
17436	Veal, foreshank, osso buco, separable lean and fat, cooked, braised	85.0	3.0 oz	0.241
17429	Veal, foreshank, osso buco, separable lean only, cooked, braised	85.0	3.0 oz	0.251
17143	Veal, ground, cooked, broiled	85.0	3.0 oz	0.210
17424	Veal, ground, cooked, pan-fried	85.0	3.0 oz	0.222
17142	Veal, ground, raw	85.0	3.0 oz	0.160
17095	Veal, leg (top round), separable lean and fat, cooked, braised	85.0	3.0 oz	0.311
17096	Veal, leg (top round), separable lean and fat, cooked, pan-fried, breaded	85.0	3.0 oz	0.241
17097	Veal, leg (top round), separable lean and fat, cooked, pan-fried, not breaded	85.0	3.0 oz	0.273
17098	Veal, leg (top round), separable lean and fat, cooked, roasted	85.0	3.0 oz	0.238
17094	Veal, leg (top round), separable lean and fat, raw	28.35	1.0 oz	0.060
17100	Veal, leg (top round), separable lean only, cooked, braised	85.0	3.0 oz	0.316
17101	Veal, leg (top round), separable lean only, cooked, pan-fried, breaded	85.0	3.0 oz	0.251
17102	Veal, leg (top round), separable lean only, cooked, pan-fried, not breaded	85.0	3.0 oz	0.286
17103	Veal, leg (top round), separable lean only, cooked, roasted	85.0	3.0 oz	0.241
17099	Veal, leg (top round), separable lean only, raw	28.35	1.0 oz	0.061
17425	Veal, leg, top round, cap off, cutlet, boneless, cooked, grilled	85.0	3.0 oz	0.275
17426	Veal, leg, top round, cap off, cutlet, boneless, raw	85.0	3.0 oz	0.190
17437	Veal, loin, chop, separable lean and fat, cooked, grilled	85.0	3.0 oz	0.241
17427	Veal, loin, chop, separable lean only, cooked, grilled	85.0	3.0 oz	0.256
17105	Veal, loin, separable lean and fat, cooked, braised	85.0	3.0 oz	0.260
17106	Veal, loin, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.213
17104	Veal, loin, separable lean and fat, raw	85.0	3.0 oz	0.173
17108	Veal, loin, separable lean only, cooked, braised	85.0	3.0 oz	0.289
17109	Veal, loin, separable lean only, cooked, roasted	85.0	3.0 oz	0.226
17107	Veal, loin, separable lean only, raw	85.0	3.0 oz	0.188
17111	Veal, rib, separable lean and fat, cooked, braised	85.0	3.0 oz	0.279
17112	Veal, rib, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.207
17110	Veal, rib, separable lean and fat, raw	28.35	1.0 oz	0.054
17114	Veal, rib, separable lean only, cooked, braised	85.0	3.0 oz	0.297
17115	Veal, rib, separable lean only, cooked, roasted	85.0	3.0 oz	0.222

NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure
17113	Veal, rib, separable lean only, raw	28.35	1.0 oz	0.057
17277	Veal, shank (fore and hind), separable lean and fat, cooked, braised	85.0	3.0 oz	0.270
17276	Veal, shank (fore and hind), separable lean and fat, raw	28.35	1.0 oz	0.055
17279	Veal, shank (fore and hind), separable lean only, cooked, braised	85.0	3.0 oz	0.276
17278	Veal, shank (fore and hind), separable lean only, raw	28.35	1.0 oz	0.055
17435	Veal, shank, separable lean and fat, raw	85.0	3.0 oz	0.166
17428	Veal, shank, separable lean only, raw	85.0	3.0 oz	0.170
17123	Veal, shoulder, arm, separable lean and fat, cooked, braised	85.0	3.0 oz	0.289
17124	Veal, shoulder, arm, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.219
17122	Veal, shoulder, arm, separable lean and fat, raw	28.35	1.0 oz	0.056
17126	Veal, shoulder, arm, separable lean only, cooked, braised	85.0	3.0 oz	0.308
17127	Veal, shoulder, arm, separable lean only, cooked, roasted	85.0	3.0 oz	0.225
17125	Veal, shoulder, arm, separable lean only, raw	28.35	1.0 oz	0.058
17438	Veal, shoulder, blade chop, separable lean and fat, cooked, grilled	85.0	3.0 oz	0.221
17128	Veal, shoulder, blade chop, separable lean and fat, raw	85.0	3.0 oz	0.161
17430	Veal, shoulder, blade chop, separable lean only, cooked, grilled	85.0	3.0 oz	0.235
17131	Veal, shoulder, blade chop, separable lean only, raw	85.0	3.0 oz	0.168
17129	Veal, shoulder, blade, separable lean and fat, cooked, braised	85.0	3.0 oz	0.269
17130	Veal, shoulder, blade, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.217
17132	Veal, shoulder, blade, separable lean only, cooked, braised	85.0	3.0 oz	0.281
17133	Veal, shoulder, blade, separable lean only, cooked, roasted	85.0	3.0 oz	0.220
17117	Veal, shoulder, whole (arm and blade), separable lean and fat, cooked, braised	85.0	3.0 oz	0.276
17118	Veal, shoulder, whole (arm and blade), separable lean and fat, cooked, roasted	85.0	3.0 oz	0.218
17116	Veal, shoulder, whole (arm and blade), separable lean and fat, raw	28.35	1.0 oz	0.055
17120	Veal, shoulder, whole (arm and blade), separable lean only, cooked, braised	85.0	3.0 oz	0.290
17121	Veal, shoulder, whole (arm and blade), separable lean only, cooked, roasted	85.0	3.0 oz	0.222
17119	Veal, shoulder, whole (arm and blade), separable lean only, raw	28.35	1.0 oz	0.057
17135	Veal, sirloin, separable lean and fat, cooked, braised	85.0	3.0 oz	0.269
17136	Veal, sirloin, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.216
17134	Veal, sirloin, separable lean and fat, raw	28.35	1.0 oz	0.055
17138	Veal, sirloin, separable lean only, cooked, braised	85.0	3.0 oz	0.292
17139	Veal, sirloin, separable lean only, cooked, roasted	85.0	3.0 oz	0.226
17137	Veal, sirloin, separable lean only, raw	28.35	1.0 oz	0.058
17189	Veal, variety meats and by-products, brain, cooked, braised	85.0	3.0 oz	0.098
17190	Veal, variety meats and by-products, brain, cooked, pan-fried	85.0	3.0 oz	0.123
17188	Veal, variety meats and by-products, brain, raw	28.35	1.0 oz	0.029

NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure
17194	Veal, variety meats and by-products, heart, cooked, braised	85.0	3.0 oz	0.264
17193	Veal, variety meats and by-products, heart, raw	28.35	1.0 oz	0.052
17198	Veal, variety meats and by-products, kidneys, cooked, braised	85.0	3.0 oz	0.287
17197	Veal, variety meats and by-products, kidneys, raw	28.35	1.0 oz	0.057
17203	Veal, variety meats and by-products, liver, cooked, braised	80.0	1.0 slice	0.289
17204	Veal, variety meats and by-products, liver, cooked, pan-fried	67.0	1.0 slice	0.232
17202	Veal, variety meats and by-products, liver, raw	28.35	1.0 oz	0.078
17208	Veal, variety meats and by-products, lungs, cooked, braised	85.0	3.0 oz	0.127
17207	Veal, variety meats and by-products, lungs, raw	28.35	1.0 oz	0.037
17217	Veal, variety meats and by-products, spleen, cooked, braised	85.0	3.0 oz	0.201
17216	Veal, variety meats and by-products, spleen, raw	28.35	1.0 oz	0.051
17223	Veal, variety meats and by-products, tongue, cooked, braised	85.0	3.0 oz	0.237
17222	Veal, variety meats and by-products, tongue, raw	28.35	1.0 oz	0.052
11578	Vegetable juice cocktail, canned	253.0	1.0 cup	0.018
11585	Vegetable juice cocktail, low sodium, canned	254.0	1.0 cup	0.018
04513	Vegetable oil, palm kernel	13.6	1.0 tablespoon	0.000
11581	Vegetables, mixed, canned, drained solids	163.0	1.0 cup	0.042
11579	Vegetables, mixed, canned, solids and liquids	245.0	1.0 cup	0.037
11894	Vegetables, mixed, frozen, cooked, boiled, drained, with salt	91.0	0.5 cup	0.026
11584	Vegetables, mixed, frozen, cooked, boiled, drained, without salt	91.0	0.5 cup	0.026
11583	Vegetables, mixed, frozen, unprepared	95.0	0.33 package (10 oz)	0.032
16147	Veggie burgers or soyburgers, unprepared	70.0	1.0 pattie	0.113
02048	Vinegar, cider	14.9	1.0 tbsp	0.000
18933	Waffle, buttermilk, frozen, ready-to-heat, toasted	28.0	1.0 oz	0.023
18932	Waffles, buttermilk, frozen, ready-to-heat	39.0	1.0 waffle, square	0.029
18951	Waffles, chocolate chip, frozen, ready-to-heat	70.0	2.0 waffles	0.043
18403	Waffles, plain, frozen, ready -to-heat, toasted	28.35	1.0 oz	0.024
18365	Waffles, plain, frozen, ready-to-heat	28.35	1.0 oz	0.022
18367	Waffles, plain, prepared from recipe	28.35	1.0 oz	0.028
11591	Watercress, raw	34.0	1.0 cup, chopped	0.010
09326	Watermelon, raw	154.0	1.0 cup, balls	0.011
11895	Waxgourd, (chinese preserving melon), cooked, boiled, drained, with salt	175.0	1.0 cup, cubes	0.004
11594	Waxgourd, (chinese preserving melon), cooked, boiled, drained, without salt	175.0	1.0 cup, cubes	0.004
11593	Waxgourd, (chinese preserving melon), raw	132.0	1.0 cup, cubes	0.003
21243	WENDY'S, CLASSIC DOUBLE, with cheese	310.0	1.0 item	0.496
21239	WENDY'S, CLASSIC SINGLE Hamburger, no cheese	218.0	1.0 item	0.290



NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure
21240	WENDY'S, CLASSIC SINGLE Hamburger, with cheese	236.0	1.0 item	0.283
21510	WENDY'S, DAVE'S Hot 'N Juicy 1/4 LB, single	215.0	1.0 sandwich	0.312
21248	WENDY'S, Frosty Dairy Dessert	113.0	1.0 junior 6 oz. cup	0.045
21244	WENDY'S, Homestyle Chicken Fillet Sandwich	230.0	1.0 item	0.345
21242	WENDY'S, Jr. Hamburger, with cheese	129.0	1.0 item	0.168
21241	WENDY'S, Jr. Hamburger, without cheese	117.0	1.0 item	0.137
21245	WENDY'S, Ultimate Chicken Grill Sandwich	225.0	1.0 item	0.382
35009	Whale, beluga, meat, dried (Alaska Native)	45.0	1.0 strip	0.359
20077	Wheat bran, crude	58.0	1.0 cup	0.164
20081	Wheat flour, white, all-purpose, enriched, bleached	125.0	1.0 cup	0.159
20381	Wheat flour, white, all-purpose, enriched, calcium-fortified	125.0	1.0 cup	0.159
20581	Wheat flour, white, all-purpose, enriched, unbleached	125.0	1.0 cup	0.159
20082	Wheat flour, white, all-purpose, self-rising, enriched	125.0	1.0 cup	0.151
20481	Wheat flour, white, all-purpose, unenriched	125.0	1.0 cup	0.159
20083	Wheat flour, white, bread, enriched	137.0	1.0 cup	0.190
20084	Wheat flour, white, cake, enriched	137.0	1.0 cup unsifted, dipped	0.162
20086	Wheat flour, white, tortilla mix, enriched	111.0	1.0 cup	0.132
20080	Wheat flour, whole-grain	120.0	1.0 cup	0.209
20129	Wheat flours, bread, unenriched	137.0	1.0 cup unsifted, dipped	0.190
20078	Wheat germ, crude	115.0	1.0 cup	0.365
20076	Wheat, durum	192.0	1.0 cup	0.338
20071	Wheat, hard red spring	192.0	1.0 cup	0.374
20072	Wheat, hard red winter	192.0	1.0 cup	0.307
20139	Wheat, KAMUT khorasan, cooked	172.0	1.0 cup	0.088
20138	Wheat, KAMUT khorasan, uncooked	186.0	1.0 cup	0.242
20087	Wheat, sprouted	108.0	1.0 cup	0.124
01113	Whey, acid, dried	57.0	1.0 cup	0.137
01112	Whey, acid, fluid	246.0	1.0 cup	0.039
01115	Whey, sweet, dried	145.0	1.0 cup	0.297
01114	Whey, sweet, fluid	246.0	1.0 cup	0.032
20089	Wild rice, cooked	164.0	1.0 cup	0.080
20088	Wild rice, raw	160.0	1.0 cup	0.286
16436	Winged beans, mature seeds, cooked, boiled, with salt	172.0	1.0 cup	0.401
16136	Winged beans, mature seeds, cooked, boiled, without salt	172.0	1.0 cup	0.401
16135	Winged beans, mature seeds, raw	182.0	1.0 cup	1.387
18368	Wonton wrappers (includes egg roll wrappers)	28.35	1.0 oz	0.032

NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure
11897	Yam, cooked, boiled, drained, or baked, with salt	136.0	1.0 cup, cubes	0.016
11602	Yam, cooked, boiled, drained, or baked, without salt	136.0	1.0 cup, cubes	0.016
11601	Yam, raw	150.0	1.0 cup, cubes	0.018
11899	Yardlong bean, cooked, boiled, drained, with salt	104.0	1.0 cup slices	0.030
11200	Yardlong bean, cooked, boiled, drained, without salt	104.0	1.0 cup slices	0.030
11199	Yardlong bean, raw	91.0	1.0 cup slices	0.029
16434	Yardlong beans, mature seeds, cooked, boiled, with salt	171.0	1.0 cup	0.174
16134	Yardlong beans, mature seeds, cooked, boiled, without salt	171.0	1.0 cup	0.174
16133	Yardlong beans, mature seeds, raw	167.0	1.0 cup	0.501
43261	Yogurt, fruit variety, nonfat	170.0	1.0 container (6 oz)	0.048
01218	Yogurt, fruit variety, nonfat, fortified with vitamin D	170.0	1.0 container (6 oz)	0.048
01121	Yogurt, fruit, low fat, 10 grams protein per 8 ounce	170.0	1.0 container (6 oz)	0.042
01217	Yogurt, fruit, low fat, 10 grams protein per 8 ounce, fortified with vitamin D	170.0	1.0 container (6 oz)	0.042
01122	Yogurt, fruit, low fat, 11 grams protein per 8 ounce	170.0	1.0 container (6 oz)	0.046
01120	Yogurt, fruit, low fat, 9 grams protein per 8 ounce	170.0	1.0 container (6 oz)	0.037
01216	Yogurt, fruit, low fat, 9 grams protein per 8 ounce, fortified with vitamin D	170.0	1.0 container (6 oz)	0.037
01203	Yogurt, fruit, lowfat, with low calorie sweetener	170.0	1.0 container (6 oz)	0.046
01219	Yogurt, fruit, lowfat, with low calorie sweetener, fortified with vitamin D	170.0	1.0 container (6 oz)	0.046
01287	Yogurt, Greek, plain, lowfat	200.0	1.0 container (7 oz)	0.060
01284	Yogurt, Greek, strawberry, lowfat	150.0	1.0 container (5.3 oz)	0.038
01285	Yogurt, Greek, strawberry, nonfat	150.0	1.0 container (5.3 oz)	0.038
01286	Yogurt, Greek, vanilla, nonfat	150.0	1.0 container (5.3 oz)	0.042
01117	Yogurt, plain, low fat, 12 grams protein per 8 ounce	170.0	1.0 container (6 oz)	0.051
01118	Yogurt, plain, skim milk, 13 grams protein per 8 ounce	170.0	1.0 container (6 oz)	0.054
01116	Yogurt, plain, whole milk, 8 grams protein per 8 ounce	170.0	1.0 container (6 oz)	0.034
01119	Yogurt, vanilla, low fat, 11 grams protein per 8 ounce	170.0	1.0 container (6 oz)	0.048
01220	Yogurt, vanilla, low fat, 11 grams protein per 8 ounce, fortified with vitamin D	170.0	1.0 container (6 oz)	0.048
01295	Yogurt, vanilla, non-fat	245.0	1.0 cup (8 fl oz)	0.069
16004	Yokan, prepared from adzuki beans and sugar	14.0	1.0 slice	0.004